



Bulgogi Burger and Sticky Bulgogi Chicken

with Sriracha Dressed Asian Style Salad and Sesame Wedges

STREET FOOD 30 Minutes • Little Heat • 1.5 of your 5 a day

N° 18



Potato



Sesame Seeds



Cucumber



Cosberg



Mayonnaise



Sriracha



Honey



Bulgogi Sauce



Panko Breadcrumbs



Beef Mince



Chicken Thigh



Burger Bun

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Two Baking Trays, Measuring Jug, Mixing Bowl and Frying Pan.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Sesame Seeds 3)	1 small pot	1 large pot	1 large pot
Cucumber**	½	1	1
Cosberg**	1	2	2
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Sriracha	½ sachet	1 sachet	1 sachet
Honey	1 sachet	1 sachet	2 sachets
Water for the Mayo*	1 tbsp	2 tbsp	2 tbsp
Bulgogi Sauce 11)	1 small sachet	1 large sachet	2 small sachets
Panko Breadcrumbs 13)	25g	25g	50g
Beef Mince**	240g	360g	480g
Chicken Thigh**	2	3	4
Burger Bun 8) 11) 13)	2	3	4

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	772g	100g
Energy (kJ/kcal)	5035/1204	653/156
Fat (g)	59	8
Sat. Fat (g)	14	2
Carbohydrate (g)	115	15
Sugars (g)	27	4
Protein (g)	56	7
Salt (g)	1.56	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 8) Egg 9) Mustard 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK



1. Sesame Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray. Drizzle with **oil**, sprinkle on half the **sesame seeds**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



4. Prep the Chicken

Wash out your bowl and add the remaining **bulgogi sauce** along with the **chicken thighs**. Season with **salt** and **pepper**, then turn them over and over in the **mixture** until well coated, set aside. **IMPORTANT:** Wash your hands after handling raw chicken. Heat a frying pan on high heat (no oil) and add the remaining **sesame seeds**. Cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP:** Watch them like a hawk as they can burn easily. Transfer the **sesame seeds** to the bowl with the **sriracha mayo** and stir together. Meanwhile, pop your pan back on medium high heat.



2. Prep the Salad

Thinly slice the **cucumber** and set aside 3 rounds per person (to put in the bun later). Trim the root from the **cosberg lettuce**, halve lengthways then thinly slice widthways. Put the **cucumber** and **lettuce** in a bowl and set aside for later. Put the **mayo**, **sriracha**, **honey** and **water** (see ingredients for amount) into a smaller bowl, season with **salt** and **pepper** and stir together. Set aside.



5. Cook the Meat

Add a drizzle of **oil** to the pan. Once hot, lay in the **chicken thighs** and fry until browned, 2-3 mins on each side. Transfer to a baking tray and roast in your oven until cooked through, 10-15 mins. Meanwhile, pop your frying pan back on medium high heat. Add a drizzle of **oil** if the pan is dry. Lay in the **burgers** and fry until browned on the outside and cooked through, 12-14 mins in total. Carefully turn them every 4 mins and lower the heat if they are burning. **IMPORTANT:** The burgers and chicken are cooked when they are no longer pink in the middle.



3. Make the Burgers

Put the **half** the **bulgogi sauce** in a large bowl with the **panko breadcrumbs**. Season well with **salt** and **pepper** and stir together, then add **beef mince**. Mix with your hands until very well combined. Shape the mixture into **burgers** about 2cm thick, 1 per person. **IMPORTANT:** Remember to wash your hands after handling raw meat. Pop the **burgers** on a plate.



6. Serve Up

Meanwhile, halve the **burger buns** and pop them in the oven to warm through for the last 2 mins of the **potato** and **chicken** cooking time. To serve, spread a tsp of your **mayo mixture** on the bottom of each **bun**. Add 3 rounds of **cucumber** to each, put a **burger** on top and pop on the **bun lids**. Add the rest of the **mayo** dressing to the **lettuce** and **cucumber** and toss together. Once cooked, thinly slice the **chicken**. Serve the **Bulgogi burgers** with the **chicken**, **Asian salad** and **wedges** alongside.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.