



HELLO FRESH

Korean Style BBQ Bulgogi Burger and Sticky Chicken with Bulgogi Mayo Baby Gem Slaw and Sesame Wedges

Premium 35-45 Minutes • 1 of your 5 a day

33



Garlic Clove



Panko Breadcrumbs



Beef Mince



Teriyaki Sauce



Chicken Thigh



Potatoes



Roasted White Sesame Seeds



Carrot



Radish



Baby Gem Lettuce



Glazed Burger Bun



Bulgogi Sauce



Mayonnaise

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, bowl, baking tray and peeler.

Ingredients

	2P	3P	4P
Garlic Clove**	1	2	2
Panko Breadcrumbs 13)	25g	25g	50g
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Salt for the Breadcrumbs*	¼ tbsp	½ tbsp	½ tbsp
Beef Mince**	240g	360g	480g
Teriyaki Sauce 11)	75g	150g	150g
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Chicken Thigh**	2	3	4
Potatoes	450g	700g	900g
Roasted White Sesame Seeds 3)	14g	25g	25g
Carrot**	1	2	2
Radishes**	100g	150g	200g
Baby Gem Lettuce**	1	2	2
Bulgogi Sauce 11)	100g	175g	200g
Glazed Burger Bun 13)	2	3	4
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Water for the Mayo*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	791g	100g
Energy (kJ/kcal)	5093/1217	644/154
Fat (g)	56.1	7.1
Sat. Fat (g)	14.7	1.9
Carbohydrate (g)	120.6	15.3
Sugars (g)	40.8	5.2
Protein (g)	59.4	7.5
Salt (g)	4.98	0.63

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 8) Egg 9) Mustard 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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1 Prep the Burgers and Chicken

Preheat your oven to 220°C/200°C fan/gas mark 7. Peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine the **garlic, breadcrumbs, water** and **salt for the breadcrumbs** (see ingredients for both amounts), then add the **beef mince**. Season with **pepper** and mix together with your hands.

Roll into even-sized balls, then shape into 1cm thick burgers, 1 per person. **TIP: The burgers will shrink a little during cooking.** Set aside.

In another bowl, mix the **teriyaki sauce** with the **olive oil** (see ingredients for amount), then add the **chicken thighs**. Mix well to coat, then cover and set aside.

IMPORTANT: Wash your hands and equipment after handling raw meat and its packaging.



4 Prep the Salad

Meanwhile, trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

Thinly slice the **radishes**.

Trim the **baby gem** and reserve 1 leaf per person for serving, then thinly slice the rest.

Pop all your **salad veg** into large serving bowl and set aside until serving.



2 Make the Sesame Wedges

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop onto 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 in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



5 Bring on the Bulgogi Burgers

If frying your **burgers** in a pan, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **burgers** and fry until browned on the outside and cooked through, 12-14 mins in total. Carefully turn them every 3-4 mins and lower the heat if needed. **IMPORTANT: The burgers are cooked when no longer pink in the middle.**

Once cooked, lower the heat and add **three quarters** of the **bulgogi sauce**. Turn to glaze the **burgers** in the **sauce**.

Or, cook the **burgers** on the BBQ if you'd prefer.



3 Teriyaki Chicken Time

If you're using the oven to cook the **chicken**, lay the **thighs** flat onto another baking tray and drizzle over any remaining **marinade** from the bowl.

Roast on the middle shelf of your oven until browned and cooked through, 16-18 mins.

IMPORTANT: The chicken is cooked when it is no longer pink in the middle.

Alternatively, cook them on the BBQ if you'd prefer.



6 Finish and Serve

Once almost ready, halve the **burger buns**. Pop onto a baking tray and into the oven (or onto the BBQ) to warm through, 2-3 mins.

Mix the remaining **bulgogi** with **half the mayo** and the **water for the mayo** (see ingredients for amount) in a small bowl. Season with **salt** and **pepper**, then drizzle over the **salad**. Sprinkle over the remaining **sesame seeds** and toss to coat.

Spread the remaining **mayo** over the cut sides of your **buns**, then top each **base** with a **lettuce leaf, bulgogi burger** and **bun lid**.

Serve with the **teriyaki chicken, salad** and **wedges**.

Enjoy!