



Soy Baked Chicken Thighs with Stir-Fried Bulgogi Veg and Jasmine Rice

Rapid Eat Me Early • 20 Minutes • 1 of your 5 a day

16



Soy Sauce



Chicken Thigh



Jasmine Rice



Garlic Clove



Pak Choi



Sliced Mushrooms



Coleslaw Mix



Bulgogi Sauce



Salted Peanuts



King Prawns

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tools

Kettle, bowl, baking tray, saucepan, sieve, lid, garlic press and frying pan.

Ingredients

	2P	3P	4P
Soy Sauce 11) 13)	15ml	25ml	30ml
Sugar for the Sauce*	2 tsp	3 tsp	4 tsp
Chicken Thigh**	3	5	6
Jasmine Rice	150g	225g	300g
Garlic Clove**	2	3	4
Pak Choi**	1	2	2
Sliced Mushrooms**	80g	120g	160g
Coleslaw Mix**	120g	240g	240g
Bulgogi Sauce 11)	150g	200g	300g
Salted Peanuts 1)	25g	40g	50g
King Prawns** 5)	150g	225g	340g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	480g	100g
Energy (kJ/kcal)	3376/807	703/168
Fat (g)	28.3	5.9
Sat. Fat (g)	6.7	1.4
Carbohydrate (g)	98.9	20.6
Sugars (g)	34.0	7.1
Protein (g)	38.5	8.0
Salt (g)	2.77	0.58
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	555g	100g
Energy (kJ/kcal)	3596/859	648/155
Fat (g)	29.0	5.2
Sat. Fat (g)	6.9	1.3
Carbohydrate (g)	98.9	17.8
Sugars (g)	34.0	6.1
Protein (g)	50.2	9.1
Salt (g)	3.67	0.66

Nutrition for uncooked ingredients based on 2 person recipe.


Allergens

1) Peanut 5) Crustaceans 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 Chicken

- Preheat your oven to 220°C. Boil a full kettle.
 - Put the **soy sauce** and **sugar for the sauce** (see ingredients for amount) into a medium bowl and mix together.
 - Add the **chicken** to the bowl and coat evenly.
- IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

2



Ready, Steady, Bake

- Lay the **chicken** onto a lightly oiled baking tray and spoon over any remaining **soy mixture** from the bowl.
 - When the oven is hot, roast on the middle shelf until browned and cooked through, 12-15 mins.
- IMPORTANT:** The chicken is cooked when no longer pink in the middle.

3



Cook the Rice

- Meanwhile, pour the **boiling water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat.
- Add the **rice** and cook for 12-13 mins.
- Drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.

4



Get Frying

- While the **rice** cooks, peel and grate the **garlic** (or use a garlic press).
- Trim the **pak choi**, then thinly slice widthways.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the sliced **mushrooms** and fry for 2 mins.

5



Add the Sauce

- Add the **coleslaw mix** and **pak choi** to the **mushrooms** with a drizzle more **oil** if needed.
- Stir-fry until the **veg** has softened, 3-4 mins.
- Stir in the **garlic** and **bulgogi sauce**, then bring to the boil and simmer for 1 min. Remove from the heat.

CUSTOM RECIPE

If you've added **prawns** to your meal, add them to the pan when you add the **veg** and **coleslaw mix**. Stir-fry with the **veg** until cooked through, 4-5 mins. Then add the **garlic** and **bulgogi sauce** and continue. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.

6



Finish and Serve

- Once the **chicken** is cooked, slice thinly and add to the pan with the **veg**, along with any **soy glaze** from the tray.
- Fluff up the **rice** with a fork and spoon into your bowls.
- Top with the **bulgogi veg** and **soy baked chicken**.
- Roughly chop and sprinkle over the **peanuts** to finish.

Enjoy!