



Bulgogi Burger and Sticky BBQ Chicken

with Asian Style Slaw and Sesame Wedges

Nº 20

BBQ FEAST 30 Minutes • Little Heat • 1 of your 5 a day



Panko Breadcrumbs



Bulgolgi



Beef Mince



Honey



Soy Sauce



Skin-on Chicken Thigh



Potato



Carrot



Radish



Baby Gem Lettuce



Sesame Seeds



Burger Bun



Mayonnaise

Before you start

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

Basic cooking tools, you will need:

Mixing Bowl, Two Baking Trays, Peeler and Frying Pan.

Ingredients

	2P	3P	4P
Panko Breadcrumbs 13)	25g	25g	50g
Bulgogi 11)	1 small sachet	1 large sachet	2 small sachets
Beef Mince**	240g	360g	480g
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Honey	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	2 sachets	3 sachets	4 sachets
Skin-on Chicken Thigh**	4	6	8
Potato**	1 small pack	1 large pack	2 small packs
Carrot**	1	2	2
Radish**	1 small bag	1 large bag	2 small bags
Baby Gem Lettuce**	1	2	2
Sesame Seeds 3)	1 small pot	1 large pot	1 large pot
Burger Bun 8)	2	3	4
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Water for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	892g	100g
Energy (kJ/kcal)	6142 / 1468	689 / 165
Fat (g)	76	9
Sat. Fat (g)	17	2
Carbohydrate (g)	125	14
Sugars (g)	36	4
Protein (g)	74	8
Salt (g)	5.66	0.63

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Prep the Meat

Preheat your oven to 200°C. Put the **panko breadcrumbs** and **half the Bulgogi sauce** in a large bowl. Season well with **salt** and **pepper** and add **beef mince**. Mix with your hands until very well combined. Shape the **mixture** into **burgers** about 2cm thick, 1 per person. Pop the **burgers** on a plate. **IMPORTANT:** Remember to wash your hands after handling raw meat. In a large bowl mix together the **olive oil** (see ingredients for amount) **honey** and **half the soy sauce**. Add the **chicken thighs** and turn them over and over in the **mixture** until well coated. Cover and set aside. **IMPORTANT:** Wash your hands after handling raw chicken.



4. Cook the Chicken

If you're using the oven to cook the **chicken**, lay the **thighs** on a baking tray skin side up and drizzle on the remaining **marinade** from the bowl. Roast in the oven until crisp and sticky, 20-25 mins. You can also do this on the BBQ. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



2. Sesame Wedges

Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, sprinkle on half the **sesame seeds**, then season with **salt** and **pepper**. Toss well 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.



5. Cook the Burger

If you are cooking your **burgers** in a pan, heat a drizzle of **oil** in a large frying pan on medium high heat. Once the **oil** is hot, lay in the **burgers** and cook until browned on each side and cooked through, 12-15 mins total. Turn them every 3-4 mins, reducing the heat if necessary. You can also BBQ the **burgers** if you want. **IMPORTANT:** The burgers are cooked when no longer pink in the middle.



3. Prep the Salad

Meanwhile, make **carrot ribbons**. Peel and trim the **carrot**. Use a vegetable peeler to peel long ribbons from all sides of the length of the **carrot**. Stop when you get to the **carrot** center. Thinly slice the **radish**. Trim the root from the **baby gem lettuce** and reserve 1 leaf per person. Thinly slice the remaining **baby gem lettuce** widthways. Heat a large frying pan over medium heat (no oil!) Once hot, add the remaining **sesame seeds** and cook, stirring, until lightly toasted, 1-2 mins. **TIP:** Watch them like a hawk as they can burn easily. Remove from the pan and set aside for later.



6. Serve Up

Once everything is nearly ready, halve the **burger buns** and pop them in the oven to warm through for a couple of mins, or pop them on the BBQ to char for a minute instead! Meanwhile, in a small bowl, mix **half** the **mayo** and remaining **bulgogi** with **water** (see ingredients for amount), and season with **salt** and **pepper**. Pop the **carrot**, **sliced lettuce** and **radish** in a large serving bowl, drizzle with the **bulgogi mayo dressing** and sprinkle with the **toasted sesame seeds**. Toss together. Mix the remaining **mayo** and **soy**, in a small bowl and spread on the bottom **bun** of each **bun**. Add the reserved **gem lettuce leaf**. Top with the **burger** and the **bun lid**. Serve the **bulgogi burger**, 2 **sticky chicken thighs** per person and **salad** with the **wedges** alongside.

Enjoy!