



Spicy Chicken Bulgogi-Style Bowl

with Steamed Rice and Sesame Bok Choy

Spicy

25 Minutes



Chicken Thighs ⁺
280 g | 560 g

Tofu
1 | 2

Chicken Breasts ⁺
4 | 8

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



- Chicken Breasts ⁺
2 | 4
- Soy Sauce Mirin Blend
4 tbsp | 8 tbsp
- Sesame Oil
1 tbsp | 2 tbsp
- Gochujang ^{🌶️}
2 tbsp | 4 tbsp
- Jasmine Rice
¾ cup | 1 ½ cups
- Garlic Salt
1 tsp | 2 tsp
- Sesame Seeds
9 g | 18 g
- Shanghai Bok Choy
2 | 4

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Salt, pepper, sugar

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, small bowl, strainer, whisk

1



Cook rice

• Before starting, wash and dry all produce.

- Add **1 cup** (2 cups) **water** and $\frac{1}{8}$ ($\frac{1}{4}$ tsp) **tsp salt** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **rice** until water runs clear.
- Add **rice** to the **boiling water**, then reduce heat to medium-low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

4



Cook chicken

🔄 Swap | Tofu

- Add **remaining sesame oil** to the same pan, then **chicken**. (**NOTE:** Cook chicken in 2 batches for 4 ppl, using $\frac{1}{2}$ tbsp oil per batch.) Pan-fry until cooked through, 3-4 min per side.**

2



Prep and make sauce

🔄 Swap | Chicken Thighs

🔄 Swap | Tofu

*2 Double | Chicken Breasts

- Meanwhile, cut **bok choy** into $\frac{1}{2}$ -inch pieces. (**TIP:** Rinse bok choy leaves to wash away any hidden dirt!)
- Add **soy sauce mirin blend**, **gochujang** and **2 tsp** (4 tsp) **sugar** to a small bowl, then whisk to combine. Set aside.
- Pat **chicken** dry with paper towels.
- Carefully slice **each chicken breast** in half, parallel to the cutting board. (**NOTE:** You will have 4 pieces of chicken for 2 ppl and 8 pieces for 4 ppl.)
- Season with **half the garlic salt** and **pepper**.

5



Add sauce

- Reduce heat to medium, then add **sauce mixture** to the pan with **chicken**.
- Cook, stirring often, until **sauce** thickens slightly, 1-2 min.

3



Toast seeds and cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **sesame seeds** to the dry pan. Toast, stirring often, until golden and fragrant, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate.
- Add **half the sesame oil** to the same pan, then the **bok choy**. Cook, stirring often, until tender-crisp, 2-3 min.
- Season with **salt** and **pepper**.
- Transfer **bok choy** to a plate, then cover to keep warm.

6



Finish and serve

🔄 Swap | Tofu

- Fluff **rice** with a fork, then stir in **half the sesame seeds**.
- Divide **rice** between bowls.
- Top with **bok choy** and **chicken**.
- Drizzle over the **sauce** from the pan.
- Sprinkle over **remaining sesame seeds**.

Measurements within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

2 | Prep and make sauce

🔄 Swap | Chicken Thighs

If you've opted to get **chicken thighs**, skip the instruction to halve them, then cook them in the same way the recipe instructs you to cook the **chicken breasts**.

2 | Prep and make sauce

🔄 Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Cut **tofu** in half, parallel to the cutting board. (**NOTE:** You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season **tofu** in the same way the recipe instructs you to season the **chicken breasts**.

2 | Prep and make sauce

*2 Double | Chicken Breasts

If you've opted for **double chicken**, prep and cook it in the same way the recipe instructs you to prep and cook the **regular portion of chicken**. Work in batches, if necessary.

4 | Cook tofu

🔄 Swap | Tofu

Add remaining **sesame oil** and $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil** to the same pan, then **tofu**. (**NOTE:** Cook **tofu** in 2 batches for 4 ppl, using $\frac{1}{2}$ **tbsp** oil per batch.) Pan-fry until golden-brown, 3-4 min per side.

6 | Finish and serve

🔄 Swap | Tofu

Slice **tofu**, then plate **tofu** in the same way the recipe instructs you to plate the **chicken breasts**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.