



KOREAN CHICKEN BULGOGI

stir-fried green beans, cabbage, carrots, shiitakes & cashews

COOK TIME 20 MIN	SERVINGS 2	CALORIES PER SERVING 630	NET CARBS PER SERVING 26 GRAMS	MENU PALEO // GLUTEN-FREE
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Inspired by Korean bulgogi, this paleo-friendly dish features a savory-sweet marinade that works magic on chicken. Here, cutlets are immersed in an agave-sweetened amino sauce that thickens to glazy perfection when simmered. It's all served over stir-fried green beans, cabbage, carrots, shiitakes, and cashews, then topped with a flourish of black and white sesame seeds for a nutty crackle.

INGREDIENTS (9 ITEMS)

- 2 (5 oz) **Chicken cutlets***
- 3½ oz **Bulgogi-style amino sauce** T
- ⅛ oz **Dried shiitake mushrooms**
- 6 oz **Green beans**
- 7 oz **Cabbage & carrots**
- ½ oz **Roasted cashews** T
- 1 oz **Toasted sesame oil**
- 2 oz **Yellow onions & ginger**
- ¾ oz **Black & white sesame seeds**
- 1 tsp

WHAT YOU'LL NEED

- medium & large sauté pans
- mixing bowls
- measuring cup & spoons
- thermometer
- cooking oil
- salt & pepper

ALLERGENS

- T TREE NUTS (cashews, coconut)

COOKING TIP 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

Validate
Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*Chicken is fully cooked when internal temperature reaches 165 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 MARINATE CHICKEN

- Pat **chicken cutlets** dry with paper towels. Place in a medium bowl. Season with salt and pepper. Drizzle with about half of the **bulgogi-style amino sauce**. Turn to coat.
- Marinate at least 5 minutes, turning occasionally.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.



2 PREP

- Roughly chop **dried shiitake mushrooms**. Place in a small bowl. Cover with about ¼ cup water. Let soak about 5 minutes, or until softened (reserve soaking liquid).
- Trim stem ends off **green beans**.
- Roughly chop **cabbage* and carrots** if necessary.
- Roughly chop **roasted cashews** if necessary.

**The ingredient you received may be a different color.*



3 STIR-FRY VEGGIES

- Heat **toasted sesame oil** in a large sauté pan over medium-high heat. Add **green beans** to hot pan. Season with about ½ teaspoon salt and about ¼ teaspoon pepper. Cook 4-5 minutes, or until green beans begin to soften, stirring occasionally.
- Add **yellow onions and ginger**. Cook 3-4 minutes, or until onions begin to soften, stirring occasionally.
- Add **cabbage and carrots**. Cook about 2 minutes, stirring occasionally.
- Add **mushrooms** (with reserved soaking liquid). Cook 2-3 minutes, or until liquid cooks off, stirring occasionally.
- Remove from heat. Add **cashews**. Stir to combine. Season with salt and pepper to taste.*

**Taste the veggie stir-fry after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*



4 COOK CHICKEN & ADD SAUCE

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium heat. Add **chicken** (with any excess marinade) to hot pan. Sear 3-4 minutes on each side, or until chicken is fully cooked.
- Reduce heat to low. Pour remaining **bulgogi sauce** over chicken. Simmer 1-2 minutes, or until sauce has slightly reduced, stirring sauce occasionally.



5 PLATE YOUR DISH

- Cut **chicken** into 5-7 slices each.
- Divide **veggie stir-fry** between plates. Fan **chicken** over top. Spoon **bulgogi sauce** from pan over chicken. Sprinkle with **black and white sesame seeds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (445g)

Amount per serving

Calories **630**

	% Daily Value*
Total Fat 37g	47%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 1200mg	52%
Total Carbohydrate 32g	12%
Dietary Fiber 6g	21%
Total Sugars 11g	
Includes 1g Added Sugars	2%
Protein 47g	
Vitamin D 2mcg	10%
Calcium 130mg	10%
Iron 3mg	15%
Potassium 1325mg	30%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Chicken Cutlets [chicken], **Green Beans**, **Bulgogi-Style Amino Sauce** (Garlic, Yellow Onions, Coconut Aminos [organic coconut tree sap, sea salt], Pear Juice [juice from ripe, whole organic pears, ascorbic acid], Puréed Ginger [ginger], Agave [organic agave syrup], Crushed Red Pepper Flakes, Sea Salt, Toasted Sesame Oil [toasted sesame oil], Ascorbic Acid [ascorbic acid]), **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Yellow Onions**, **Ginger** [organic ginger, water, citric acid, salt], **Green Cabbage**, **Carrots**, **Black & White Sesame Seeds** (White Sesame Seeds, Black Sesame Seeds [black sesame seeds]), **Dried Shiitake Mushrooms** [dried shiitake mushrooms], **Toasted Sesame Oil** [toasted sesame oil]

Allergen information:

Contains Tree Nuts

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.