

GREEN CHEF

BULGOGI-STYLE PLANT-BASED PROTEIN

Stir-fried broccoli, cabbage, roasted red peppers & cashews

COOK TIME	SERVINGS	CALORIES PER SERVING	MENU
25 MIN	2	910	VEGAN

This vegan riff on bulgogi delivers on all those craveable, savory-sweet flavors in just 25 minutes. In the traditional Korean dish, meat is marinated overnight then grilled on a barbecue until caramelized and smoky. We made it weeknight-friendly by swapping in hearty, ground plant-based protein. It's cooked until crispy to echo the original fire-touched texture, then simmered in bulgogi-style amino sauce (with pear juice, ginger, and toasted sesame oil). The delicious mixture is spooned atop fluffy jasmine rice — perfect for catching any extra sauce. On the side, there's a heap of colorful, cashew-studded stir-fried veggies.

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

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

INGREDIENTS (9 ITEMS)

½ cup	**Jasmine rice**
6 oz	**Broccoli**
1 whole	**Yellow onion**
½ oz	**Dry-roasted cashews** (T)
1 oz	**Roasted red peppers**
3 ½ oz	**Cabbage**
9 oz	**Ground plant-based protein*** (S) (T) (W)
3 ½ oz	**Bulgogi-style amino sauce** (T)
1 tsp	**Black & white sesame seeds**

WHAT YOU'LL NEED

small pot with lid
medium & large sauté pan
measuring cup & spoons
thermometer
cooking oil
salt & pepper

ALLERGENS

(T) TREE NUTS (cashews, coconut)
(S) SOY
(W) WHEAT

*Plant-based protein is fully cooked when internal temperature reaches 165 degrees.

Wash and dry fresh produce. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

BULGOGI-STYLE PLANT-BASED PROTEIN

1 COOK RICE

- Bring **jasmine rice**, 1 cup water, and about ¼ teaspoon salt to a boil in a small pot. Stir. Reduce heat to medium-low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork.

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

- Cut **broccoli** into bite-size pieces if necessary.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about ¼ inch each.
- Roughly chop **dry-roasted cashews**.



3 STIR-FRY VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **broccoli** and **roasted red peppers** to hot pan. Season with about ½ teaspoon salt and a pinch of pepper. Cook about 3 minutes, or until veggies begin to brown, stirring occasionally.
- Add **onion**. Cook about 3 minutes, or until veggies begin to soften, stirring occasionally.
- Add **cabbage*** and about ¼ cup water. Cook about 2 minutes, or until veggies are tender and liquid is cooked off, stirring occasionally.
- Remove from heat. Add **cashews**. Salt and pepper to taste. Stir to combine.

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





4 COOK PLANT-BASED PROTEIN

- Heat about 2 tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **ground plant-based protein** to hot pan. Stir to break up protein. Cook 5-7 minutes, or until browned, crispy, and fully cooked, stirring occasionally.
- Remove from heat. Add about half of the **bulgogi-style amino sauce**. Stir to coat.



5 PLATE YOUR DISH

- Divide **rice** between plates. Top with **bulgogi plant-based crumbles** and drizzle with remaining **bulgogi sauce**. Serve **stir-fried veggies** next to rice. Sprinkle with **black and white sesame seeds**. Enjoy!

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Nutrition Facts

2 Servings per container

Serving size **(502g)**

Amount per serving

Calories 910

	% Daily Value*
Total Fat 50g	64%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2080mg	90%
Total Carbohydrate 83g	30%
Dietary Fiber 9g	32%
Total Sugars 14g	
Includes 2g Added Sugars	4%
Protein 36g	
Vitamin D 5mcg	25%
Calcium 198mg	15%
Iron 5mg	30%
Potassium 1861mg	40%

* 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:
Ground Plant-Based Protein [53% rehydrated textured vegetable proteins (water, wheat gluten, soy flour, soy protein), water, coconut fat, wheat gluten, sunflower oil, soy protein, pea starch, tomato purée, salt (see salt, salt), herbs and spices, mushroom powder, sugar, red beetroot concentrate, bamboo fiber, vinegar, vinegar powder, modified maize starch, flavourings, yeast extract, preservative (potassium sorbate), emulsifier (methyl cellulose), food acid (potassium lactate, citric acid)], **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]), **Roasted Red Peppers** [bell pepper], **Red Cabbage**, **Black & White Sesame Seeds** (White Sesame Seeds, Black Sesame Seeds [black sesame seeds]), **Broccoli**, **Jasmine Rice** [jasmine rice], **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Yellow Onion**

Allergen information:
Contains Tree Nuts, Soy And Wheat

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.