



Korean BBQ Chicken

Ingredients

- 36 g Maggi Pan Perfect Korean Barbecue
- 600 g chicken breasts, thinly sliced
- 4 large Carrots
- 1 Lemon Juice
- 400 g Broccoli
- 2 Cloves Garlic
- 1 teaspoon Sesame Oil
- 260 g brown rice (uncooked weight)
- 2 tablespoons sunflower or vegetable oil
- 0.5 teaspoon sesame seeds

Instructions

1. Make the quick carrot pickle. Start by finely chopping the carrot into matchsticks. Mix the lemon juice with a pinch of sugar and salt and then pour over the carrots. Leave to pickle while you prepare the chicken. Drain the pickle just before serving.
2. Cook the rice according to the pack instructions. Once cooked and drained. Cover and keep warm while you cook the chicken.
3. Heat half the oil in a large frying pan and stir fry the chicken breast strips until light brown (about 5-6 mins).
4. Mix the Korean BBQ seasoning with 150ml water until smooth.
5. Pour the sauce over the chicken and simmer for 2-3 minutes until the sauce has thickened. Ensure the chicken is piping hot throughout.
6. Heat the remaining oil in a frying pan over a medium heat and stir-fry the broccoli for 3-5 minutes until turning charred and tender. Add the garlic and sesame oil and stir fry for a further minute then serve with the chicken, rice and drained carrot pickle. Sprinkle over some sesame seeds if you have them! Tip If you want you can cook the chicken and broccoli in one pan – simply add the broccoli and garlic at the end of step 3 once the chicken is cooked!

Nutrition

Carbohydrate	70.87 g
Energy	586.6 kcal
Fat	14.59 g
Fibre	7.26 g
Protein	42.8 g
of which: saturates	2.12 g
Sodium	556.8 mg

26 Minutes

4

of which: sugars 556.8 mg