



## Chicken Bulgogi Recipe

---

Preparation Time	60
Cooking Time	12
Serving Size	10

### Ingredients:

- 1 sachet DEL MONTE Quick n Easy BBQ Marinade (80ml)
- 1 Tbsp garlic, minced
- 1 tsp ginger, grated
- 1 Tbsp sesame oil
- 500 g chicken, thigh fillet
- 1/4 cup green onions, chopped
- 1 tsp sesame seeds
- 2 cups lollo rosso lettuce

### Preparation:

1. Mix DEL MONTE Quick n Easy Barbecue Marinade, garlic, ginger, and sesame oil. Marinate the chicken for 30 minutes to 1 hour.
2. Grill the chicken then slice into strips. Set aside then sprinkle with green onions and sesame seeds on top.
3. Wrap the chicken in lettuce leaves.

### Chef's Tip

Always marinate meats inside the refrigerator so the meat stays fresh. Placing meats at room temperature speeds up the growth of harmful microorganisms that may cause food borne illness.

### Lusog Notes

This recipe provides protein which is important, maintenance and repair of body tissues. Protein also helps in the regulation and maintenance of the body's fluid balance.

### Cooking Skills Needed

- Wrapping
- Grilling
- Slicing

### Cooking Tools

- Chopping Board
- Grill Pan
- Measuring Cups
- Measuring Spoon
- Spatula