



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