

Korean BBQ Style Chicken

With Seven Grain Blend and Tangy Bulgogi Sauce

We're serving up power grains with some flavor power. An ancient blend of rice, quinoa and bulgur wheat are combined with sautéed chicken thighs and tossed in our tangy bulgogi sauce. We're topping it with our sesame seed mix for a craveable crunch.

Go big or go bulgogi!

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Chef inspired tips:

This meal is delicious as is, but feel free to put your own spin on it! Some of our favorite add-ins include kimchi, scallions (throw them in with the chicken for a nice char), and fried garlic. Or top with a fried egg for extra protein and extra richness.

1. SAUTÉ CHICKEN

In a skillet, heat 1 tablespoon of oil over medium-high heat. When the oil is hot, sauté the **Bulgogi Seasoned Chicken Thighs** until fully cooked, about 5-7 minutes.

2. ADD SAUCE & GRAINS

Add **Bulgogi Sauce** and **Seven Grain Blend** and reduce heat to medium-low. Cook, stirring, until warmed through, about 3-4 minutes.

3. FINISH, PLATE & DIG IN!

Spoon the finished dish onto a serving platter. Garnish with half the **Sesame Seasoning**. (Save the rest to sprinkle on vegetables, fish, or rice!)

Enjoy!

*USDA recommends cooking chicken to an internal temperature of 165°F and allowing to rest for at least 3 minutes



ONE PAN
— DISH —

READY IN
15
MINUTES

CHEF INSPIRED RECIPES



WHAT YOU'LL NEED

Large Skillet
Oil
Spatula



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