



Lentil Bulgogi & Korean Slaw

Prep Time: 20 min

Cook Time: 1 hour

Serves: 4

NUTRITION FACTS, PER SERVING:

360 calories

14 g fat

605 mg sodium



INGREDIENTS: **** Items not included in kit**

LENTIL BULGOGI & RICE

- 1.5 cups basmati rice
- 1/4 cup low sodium soy sauce—**MEASURE OUT**
- 2 TB brown sugar
- 2 garlic cloves, minced
- 1 inch piece ginger, minced
- 1 tsp sesame oil—**MEASURE OUT**
- 1/4 tsp crushed red pepper flakes
- 1 TB olive oil**
- 1/2 cup diced onion
- 1 cup lentils
- 2 green onions, thinly sliced
- 1 TB sesame seeds

DIRECTIONS:

1. SAUCE: In a medium bowl, whisk together **2 cups water, 1/4 cup soy sauce, brown sugar, 2 cloves minced garlic, minced ginger, measure out 1 tsp sesame oil, and red pepper flakes.** Set aside.
2. In a pan fitted with a lid over medium heat add **olive oil** and **diced onions**. Sauté for 2-3 minutes until onions soften. Add the **lentils** and **sauce**, stir to combine, cover and simmer for 10 minutes or until lentils are tender and most of the liquid is absorbed.
3. Rinse the basmati rice in cold water to remove excess starch. Combine rice with **2 1/4 cups water, 1 TB olive oil** and a **pinch of salt** in a medium sized pot. Stir once and bring to a boil over high heat. Cover, reduce heat to low and simmer for 10 minutes. Remove pan from heat and leave covered for 5 minutes. Remove lid and fluff with fork before serving.
4. Serve lentils over rice, garnished with **thinly sliced green onions** and **sesame seeds**.

KOREAN SLAW

- 1/4 tsp crushed red pepper flakes
- 2 TB rice vinegar
- 2 TB low sodium soy sauce—**MEASURE OUT**
- 1 TB sugar**
- 1 TB lemon juice, from 1 lemon
- 1 TB sesame oil—**MEASURE OUT**
- 1 garlic clove, minced
- 2 cups shredded cabbage
- 1/2 cup shredded carrots
- 1 Green onion, thinly sliced

DIRECTIONS:

1. In a bowl, whisk together the **crushed red pepper flakes, rice vinegar, 2 TB soy sauce, sugar, lemon juice, measure out 1 TB sesame oil, and 2 garlic cloves minced.** Set aside.
2. In a large mixing bowl, combine the **cabbage** and **carrots**, pour the sauce over and toss to combine.
3. Thinly slice the **green onions** and sprinkle on top before serving alongside the bulgogi.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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