

Korean Chicken Bowl

Total Cook Time: 1 hour

Contains raw meat, cook thoroughly

Cook from Frozen

Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- Cooked rice (or rice noodles)
- 2 TBSP (4 TBSP)* Cornstarch
- Optional toppings and garnishes: Sautéed cabbage or stir-fry vegetables, chopped peanuts, sriracha, yum yum sauce

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1/2 cup (1 cup)* of hot water.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 15 minutes.
3. When pressure cooking is complete, use a natural release.
4. Move meat to a cutting board and shred or slice into strips. Set aside.
5. For a thicker sauce, use the sauté function to bring the mixture to a boil, combine 2 TBSP (4 TBSP)* water and 2 TBSP (4 TBSP)* cornstarch in a small container and stir. Add HALF of the cornstarch slurry to the pot, stirring constantly until it thickens. Add more slurry as needed to reach your desired consistency.
6. Add chicken and stir well to coat.
7. To serve, scoop a serving of rice in a bowl, then top with chicken and desired toppings and garnishes.

Slow Cooker Cooking Directions:

1. Add frozen meal to slow cooker. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the chicken reaches an internal temperature of 165 degrees. Continue with steps 4-7.

Leftover Suggestions:

- Fried Rice Upgrade – Chop the chicken and stir it into fried rice with eggs, and leftover veggies.
- Korean Chicken Tacos – Use tortillas, add slaw, pickled veggies, and a drizzle of sauce.
- Lettuce Wraps – Spoon chicken into lettuce leaves for a low-carb option.

Notes:

- Turn this into a 'bar-style' meal: offer a variety of fresh vegetables and sauces so everyone can build their own rice bowl with their favorite toppings.

Nutrition Facts

4 servings per container
Serving size
1/2 cup (183g)

Calories per serving
180

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 1.5g	2%	Total Carbohydrate 11g	4%
Saturated Fat 0g	0%	Dietary Fiber 0g	0%
Trans Fat 0g		Total Sugars 10g	
Cholesterol 95mg	32%	Includes 9g Added Sugars	18%
Sodium 1180mg	51%	Protein 31g	

Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.6mg 4% • Potassium 30mg 0%
Vitamin A 0mcg 0% • Vitamin C 0mg 0%

INGREDIENTS: CHICKEN, PEARS, WATER, PEAR JUICE CONCENTRATE, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, <0.1% OF SODIUM BENZOATE (PRESERVATIVE)), BROWN SUGAR, RICE VINEGAR (WATER, RICE), GARLIC, SPICE

CONTAINS: WHEAT, SOY

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

IMPORTANT!

FOOD SAFETY INSTRUCTIONS

Raw meat and poultry may contain bacteria that could cause illness if not handled or cooked safely. Follow these instructions to avoid illness.

 WASH AND DRY HANDS	 CLEAN UTENSILS AND SURFACES, AND THEN SANITIZE
 KEEP UNCOOKED MEAT AND POULTRY SEPARATE	 USE FOOD THERMOMETER

Minimum Internal Temperatures

Beef, pork, veal, lamb: steaks, roasts & chops 145° F + 3-min rest time

turkey, chicken, duck: whole, pieces & ground 165° F

Ground beef, pork, veal & lamb 160° F

Fish 145° F

For More Information:
www.fsis.usda.gov/safe