

ASIA



CHICKEN TERIYAKI

with Udon Noodles & Broccoli

Teriyaki is a Japanese cooking technique that glazes foods with a tare (a mixture of soy sauce, mirin and sugar). This gives the dish an appealing shine! Yaki refers to the application of high heat to the food by grilling.

WANT TO WING IT?

- Add togarashi or crumble some seaweed sheets on top of the dish.
- Toast the sesame seeds in a dry frying pan for a nuttier flavour.
- Top with your favourite crispy chilli oil.

 2 SERVINGS

 10 MINS + PREP

ATLAS  WEEKLY

INGREDIENTS

- 2 chicken maryland fillets
- 1 ATLAS teriyaki sauce tub
- 1 fresh udon noodle pack
- 1 white sesame seed sachet
- 1 broccolini bunch
- 1 carrot
- 1 spring onion bunch*

*Spring onion may be split across other dishes, please read each recipe carefully.

PANTRY STAPLES

Cooking oil

UTENSILS / EQUIPMENT

Wok / frying pan, saucepan, sieve, julienne peeler (optional)

ALLERGENS

Sesame, wheat, gluten, soy, onion

CHEF'S TIPS

When stir frying meat, always cook in small batches over high heat. When you overcrowd the pan, the temperature of the wok reduces and makes the meat stew resulting in a tough texture.

he teriyaki sauce contains soy sauce which is salty. Taste the sauce before adding it to the dish. From there, add as much or as little as you like.



1. Prepare the ingredients

Read the recipe in full before you begin. Bring a saucepan or kettle of water to the boil. Wash the vegetables. Cut the broccolini into 3cm pieces. Cut the carrot into thin strands. You can use a julienne peeler for this, or use a regular peeler to cut ribbons, then stack the ribbons to cut into thin strands. Cut the chicken into 1cm thick slices. Thinly slice 1 spring onion* per 2 people.



2. Cook the chicken & noodles

Add the noodles to the hot water and set aside for about 1 minute or until the noodles have heated through and separated. Strain and set aside. Meanwhile, heat a splash of oil in a frying pan or wok over high heat. Add the chicken and cook for 2-3 minutes, stirring often, or until mostly cooked through and golden.



3. Add the vegetables

Add the broccolini and carrot and cook for about 2 minutes, stirring often, or until vibrant and charred a little.



4. Add the noodles & sauce

Add the noodles and teriyaki sauce to taste, cook for another 30 seconds to combine the ingredients. Check that the chicken is fully cooked and then remove from heat.

Serve



Divide the teriyaki noodles between serving bowls. Top with the spring onion and sesame seeds.

ASIA



SOY GLAZED BEEF

with Bok Choy, Sesame & Cucumber

Did you know that "Gyutan," or soy glazed beef, hails from Sendai, Japan? Despite its name suggesting it's made from beef tongue, it's actually thinly sliced beef grilled with savoury soy sauce, offering a perfect blend of sweet and umami flavours. Gyutan is a beloved specialty across Japan, highlighting the country's culinary creativity and love for quality beef dishes.

🚩 WANNA WING IT?

Get creative with your garnish!

- Radishes offer a crisp texture and a refreshing, slightly peppery flavour that can contrast nicely with the richness of the beef.
- Pickled ginger adds a tangy, slightly sweet flavour that complements the savoury soy glaze while providing a palate-cleansing element.

🍴 2 SERVINGS

🕒 15 MINS + PREP



INGREDIENTS

- ATLAS beef rump
- 1 ATLAS sweet soy glaze
- 1 japanese rice pack
- 1 white sesame seed sachet
- 1 bok choy bunch
- 1 cucumber
- 1 spring onion bunch*
- 1 coriander bunch*

*Spring onion and coriander may be split across other dishes, please read each recipe carefully.

PANTRY STAPLES

Cooking oil

UTENSILS / EQUIPMENT

Saucepans (x2), sieve, frying pan, mixing bowl.

ALLERGENS

Onion, soy, sesame, wheat, gluten, garlic, mild chilli

CHEF'S TIPS

If you're aiming for a crispy outer crust, use a high heat when searing your beef rump (before coating with sweet soy glaze).

If time allows, let your beef rump rest for 10-15 minutes before you carve it. This resting period allows the juices to redistribute throughout the meat. Resulting in a juicier, more flavourful finish.



1. Prepare the ingredients

Before starting, read the entire recipe. Wash the vegetables thoroughly. For each two people, thinly slice one sprig of coriander leaves. Cut the cucumber in half lengthwise then slice it into bite-size pieces. Cut the bok choy bunches lengthwise, dividing them into halves or quarters.



2. Cook the rice

Wash your rice in cold water until the water runs clear. Use a 1:1 ratio of water to rice. Place your rice in a pot with the measured water and bring water to a boil. Then, reduce the heat to low, cover, and simmer until the water is absorbed and rice is tender.



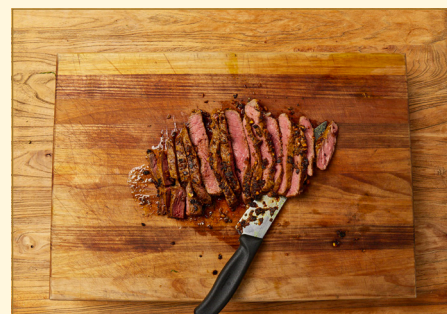
3. Toss the cucumber

Toss the cucumber into a bowl with a pinch of sesame seeds. Add in the sliced spring onions. Set aside.



4. Blanch the bok choy

Add the bok choy stems to the saucepan of boiling water for 30 seconds before pushing the leaves under the water for an additional 30 seconds. Strain and set aside.



5. Cook the beef

Heat oil in a frying pan over medium-high heat. Sear beef for 3-4 minutes on each side until browned and cooked to your liking. In the final minute, lower the heat and coat the beef with sweet soy glaze. Set aside before slicing.

Serve



Divide the rice among serving bowls. Serve with bok choy, beef, and cucumber. Sprinkle with any remaining herbs and an additional pinch of sesame seeds.

ASIA



FRAGRANT EGGPLANT

with Sticky Rice & Stir-fried Gai Lan

Despite its name, "fish fragrant" in Chinese cuisine doesn't actually involve fish. Instead, it refers to a unique combination of flavors traditionally used in Sichuan cooking, including garlic, ginger, and chili bean paste, which are commonly used to season fish dishes.

WANNA WING IT?

- Like to spice it up? Add extra heat with chilli flakes or your favourite chilli oil.
- For a punch of protein, throw steam edemame beans into the mix!
- Like with many of your favourite Asian cuisines, a side of pickled vegetables can add a refreshing, tangy contrast to the existing flavours.

 **2 SERVINGS**

 **10 MINS + PREP**



INGREDIENTS

- 1 eggplant
- 1 peanut & shallot mix
- ATLAS fish fragrant sauce
- ATLAS flour mix
- Japanese sushi rice
- 1 broccoli (chinese gai lan) bunch

***Jasmine rice may be split between two dishes. Please read each recipe in full.**

PANTRY STAPLES

Cooking oil

UTENSILS / EQUIPMENT

Saucepans (x2), sieve, frying pan.

ALLERGENS

Nuts (peanuts), onion, soy, sesame, wheat, gluten, garlic, mild chilli

CHEF'S TIPS

Avoid lifting the lid or stirring your rice while its steaming. A well-sealed environment allows the rice to cook properly, resulting in fluffy, well-cooked grains.

Especially when frying the eggplant, use an oil with a high smoke point. We like peanut oil for Asian dishes as it provides an added nutty flavour.



1. Prepare the ingredients

Before you begin, read the entire recipe. Bring a saucepan of water to boil. Wash the vegetables. Cut the gai lan bunch into thirds. Slice the eggplant into batons (1cm wide, 4cm long). Cut one spring onion per person into similar-sized batons, thinly slicing the top end for garnish. Pick half a sprig of coriander leaves for every person.



2. Cook the rice

Wash your rice in cold water until the water runs clear. Use a 1:1 ratio of water to rice. Place your rice in a pot with the measured water and bring water to a boil. Then, reduce the heat to low, cover, and simmer until the water is absorbed and rice is tender.



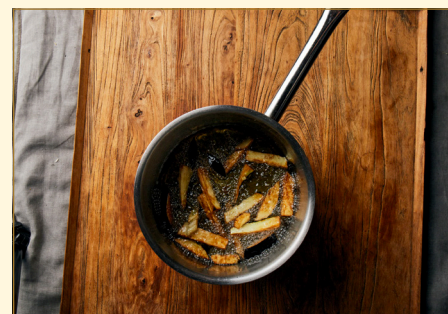
3. Stir-fry the gai lan

Heat a splash of oil in a frying pan or wok over medium-high heat. Stir-fry the gai lan and spring onion batons for 3-4 minutes, until tender and vibrant. Set aside and reserve the pan.



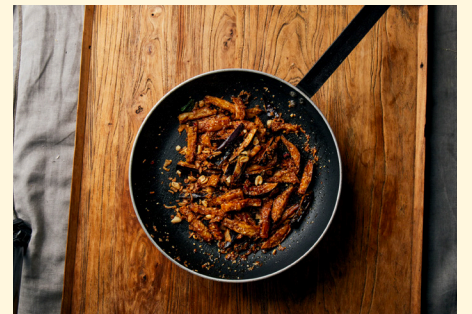
4. Coat the eggplant

Gradually mix the flour with 1/4 - 1/2 cup of water per person until the batter reaches the consistency of thickened cream. Add the eggplant in batches and stir to coat.



5. Cook the eggplant

Heat oil in a medium saucepan to 180°C. The oil should be deep enough to cover the eggplant. Fry the eggplant in batches for 2-3 minutes until golden brown outside and soft inside. Drain on paper towels and repeat with the rest.



5. Finish the eggplant

Return the eggplant to the reserved frying pan. Add the fish fragrant sauce and half of the peanut & shallot mix. Over medium heat, toss the eggplant until coated, achieving a sticky, shiny texture. Serve immediately.

Serve



Serve the eggplant, gai lan, and rice in separate dishes and bring them to the table, allowing everyone to serve themselves. Top each dish with sliced spring onion, coriander, and the remaining peanut & shallot mix.

ASIA



RED BBQ PORK & SESAME POTATO

with Pear, Radish & Cucumber

Korean BBQ, while very popular in Korea and abroad, is rarely eaten at home. Korean BBQ restaurants face fierce competition with one another, with venues lining almost every street in Seoul and typically serving sauces, kimchi, soup, rice and lettuce with their BBQ offerings.

🚩 WANNA WING IT?

- Cut the cucumber in half lengthways and quickly sear the cut side on a super hot pan before slicing and adding to the salad
- Season the salad and /or cook with sesame oil
- Add hot sauce or Korean chilli flakes to the BBQ sauce to increase the heat

🍴 2 SERVINGS

🕒 20 MINS + PREP



INGREDIENTS

- ATLAS pork tenderloin
- ATLAS Korean BBQ sauce tub
- 2 desiree potatoes
- White sesame seeds sachet
- 1 red radish bunch
- 1 cucumber
- 1 pear
- 1 spring onion bunch*

*Spring onion may be split across other dishes, please read each recipe carefully.

PANTRY STAPLES

Cooking oil, salt

UTENSILS / EQUIPMENT

Oven proof frying pan / frying pan and lined baking tray, saucepan, sieve

ALLERGENS

Wheat, gluten, sesame, onion, soy, mild chilli

CHEF'S TIPS

When cooking potatoes, adjust the time based on their size: larger chunks need more time, while smaller ones cook faster.

For a successful sear, ensure the pan is hot before adding the pork fillet, and resist the urge to overcrowd the pan to achieve even browning.



1. Cook the potatoes

Before starting, read the recipe in full. Preheat the oven to 180°C. Cut the potatoes into quarters or large chunks, depending on their size. Place them in a pot of salted water and bring to a boil. Cook for 7-10 minutes or until a knife or skewer can easily be inserted. Once cooked, strain the potatoes and set them aside.



2. Prepare the other ingredients

Wash the vegetables thoroughly. Thinly slice the radish, pear, cucumber, and spring onion.



3. Cook the pork

Heat a splash of oil in a frying pan over medium-high heat. Add the pork fillet and sear, turning every 1-2 minutes, until browned on all sides. Once the pork is seared, add the sauce to the pan and coat the pork evenly.



4. Finish the pork & potatoes

Add the potatoes to the pan with the pork, sprinkle with half of the sesame seeds, and transfer the pan to the oven. Cook for 6-8 minutes or until the pork is cooked through to your liking. Once cooked, remove the pan from the oven and let the pork rest for 4 minutes before serving.



5. Make the salad

Meanwhile, combine the radish, pear, cucumber, and spring onion in a bowl. Season with salt and a drizzle of oil.

Serve



Divide the pork and potatoes among serving plates. Serve alongside the salad and sprinkle with the remaining sesame seeds.