



KOREAN STREET TACO BULGOGI WITH ASIAN SLAW

FROM EXECUTIVE CHEF LJ KLINK



You will need:

Ingredients for taco filling:

- Dried PNW Co-op Shasta yellow lentils, rinsed and sorted: ½ cup. You'll need 1 cup (8 ounces) cooked lentils for the recipe. To make this dish vegetarian, use ¾ cup dried lentils or 1.5 cups cooked lentils. Pardina brown and Sunrise red lentils are fine substitutions for Shasta yellow lentils.
- Chicken breast, cooked and diced: 6 ounces
- Soy sauce, reduced sodium: ¼ Cup plus 1 Tablespoon
- Granulated sugar: 2 Tablespoon
- Ginger root, raw, fine mince: 1 Tablespoon
- Green onion, tops only: ¼ stalk
- Seasoned rice wine vinegar: ¼ ounce
- Dried whole sesame seeds: 1 Tablespoon
- Ground black pepper: 1 teaspoon
- Raw garlic: 2 Tablespoons
- Sesame oil (salad or cooking): 1 Tablespoon
- Taco shells, baked without added salt: 8 medium (approx. 5" diameter)
- Red or cayenne pepper: ¼ teaspoon

Ingredients for Asian Slaw (4 servings):

- Romaine lettuce, shredded: 2 cups
- Cabbage, shredded: 2 cups
- Carrots, grated: ¼ cup
- Fresh basil, chopped: 2 Tablespoons
- Fresh cilantro leaves: ¼ cup
- Scallions or spring onions (top and bulb), chopped: 2 Tablespoons
- Dried whole sesame seeds, roasted and toasted: 1 ounce

Ingredients for Asian Dressing:

- Sesame oil (salad or cooking): 1 Tablespoon
- Seasoned rice wine vinegar: 1 Tablespoon
- Granulated sugar: 1 Tablespoon
- Green onion, tops only, chopped: 1 Tablespoon
- Dried whole sesame seeds: 1 teaspoon
- Raw ginger root: 1 Tablespoon
- Raw garlic, minced: 1 Tablespoon



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Cooking Instructions:

- Rinse and sort dried lentils, removing any non-lentil material. Put raw lentils in saucepan covered with at least 1.5 inches of cold water. Bring to a slow boil for 20-30 minutes, depending on desired doneness. (If you've presoaked your lentils to make them easier to digest, they'll cook quicker.) If necessary, drain the lentils with a mesh colander.
- Dice chicken breast into 1-inch cubes and add to pan with a little oil. Cook until halfway done. Add 1 cup cooked lentils and stir. To make this dish vegetarian, omit the chicken and add 1.5 cups cooked lentils and stir.
- Warm your taco shells as your filling cooks.
- Combine soy sauce, sugar, vinegar, sesame seeds, black pepper and garlic in a bowl. Add soy sauce mixture and green onions to chicken and lentils in pan.
- In a large, non-reactive bowl, mix all dressing ingredients, leaving out the oil. Whisk until sugar melts. Add sesame seed and slowly whisk in oil.
- Add dressing to slaw ingredients and combine.
- Fill each taco shell with $\frac{1}{4}$ cup filling and $\frac{1}{4}$ cup slaw