

# UCOOK

## Spicy Korean Chicken Feast

with jasmine rice & Kewpie mayo

Taste the flavours of Korea with this delicious crispy chicken coated in a delectable Korean sticky sauce and nutty sesame seeds. It is served on a bed of edamame & nori-dotted jasmine rice, alongside pickled cucumber & radish rounds. This Korean-inspired feast will fill your kitchen with incredible aromas and your mouth with wonderful flavours.

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Thea Richter

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Adventurous Foodie

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Groote Post Winery | Groote Post Riesling

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## Ingredients & Prep

100ml	Jasmine Rice <i>rinse</i>
30ml	Rice Wine Vinegar
20g	Radish <i>rinse &amp; slice into thin rounds</i>
100g	Cucumber <i>rinse &amp; cut into half-moons</i>
30ml	Kewpie Mayo
10ml	White Sesame Seeds
1	Nori Sheet
1	Free-range Chicken Breast
60ml	Cornflour
200g	Pak Choi <i>trim at the base, separate leaves &amp; rinse thoroughly</i>
70ml	Korean Sticky Sauce <i>(30ml Tomato Sauce, 30ml Gochujang &amp; 10ml Low Sodium Soy Sauce)</i>
50g	Edamame Beans

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Egg/s

**1. RICE** Place the rinsed rice in a pot with 200ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. PREP** In a bowl, combine the vinegar and a sweetener. Toss through the radish rounds and the cucumber half-moons. Set aside. Loosen the mayo with water in 5ml increments until drizzling consistency.

**3. TOASTY** Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium-high heat. When hot, toast the nori sheet until crispy, 1-2 minutes per side. Thinly slice and set aside.

**4. CHICKY** Pat the chicken dry with paper towel and cut into bite-sized chunks. Place 1 tsp of the cornflour in a bowl. Mix in 1 egg and a pinch of salt. Place the remaining cornflour in a separate bowl and season. Coat the chicken pieces in the egg & cornflour mix first, and then in the dry cornflour. Place a pot over medium-high heat with 4-5cm of oil. When hot, deep fry the chicken until crispy and cooked through, 3-4 minutes. Remove and drain on paper towel.

**5. PAK** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the rinsed pak choi until slightly wilted, 1-2 minutes. Season and remove from the pan.

**6. SAUCE** Return the pan to medium heat. When hot, add the Korean sticky sauce, a sweetener, and 50ml of water. Simmer until slightly reduced and sticky, 2-3 minutes. Remove from the heat and toss through the sesame seeds and the crispy chicken. Cover and set aside.

**7. LOADED RICE** Once the rice is done, toss through the edamame beans and  $\frac{3}{4}$  of the sliced nori. Drain the pickling liquid from the cucumber & radish.

**8. YUM** Plate up the loaded rice. Top with the Korean chicken and all the pan juices and side with the pak choi and the pickled veg. Drizzle over the loosened mayo and sprinkle with the remaining nori (to taste).

## Nutritional Information

Per 100g

Energy	576kJ
Energy	138kcal
Protein	7.1g
Carbs	17g
of which sugars	2.8g
Fibre	1.4g
Fat	1.9g
of which saturated	0.3g
Sodium	190mg

## Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Sugar Alcohol (Xylitol), Soy

Eat  
Within  
3 Days