



# WCOOK

## Korean Chicken Feast

with jasmine rice & Kewpie mayo

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Thea Richter

**Wine Pairing:** Grootse Post Winery | Grootse Post Chenin Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	580kJ	4359kJ
Energy	139kcal	1043kcal
Protein	7.1g	53.1g
Carbs	17g	128g
of which sugars	3.4g	25.9g
Fibre	1.8g	13.2g
Fat	4.4g	32.9g
of which saturated	0.3g	2.3g
Sodium	204mg	1534mg

**Allergens:** Sulphites, Egg, Gluten, Sesame, Sugar Alcohol (Sweetener), Wheat, Soya, Allium

**Spice Level:** Hot

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Jasmine Rice <i>rinse</i>
1	1	Onion
90ml	125ml	Rice Wine Vinegar
300g	400g	Cucumber <i>rinse &amp; cut into half-moons</i>
90ml	125ml	Kewpie Mayo
22,5ml	30ml	White Sesame Seeds
3	4	Nori Sheets
450g	600g	Free-range Chicken Mini Fillets
180ml	240ml	Cornflour
225g	300g	Kale <i>rinse &amp; roughly shred</i>
210ml	280ml	Korean Sticky Sauce <i>(90ml [120ml] Tomato Sauce, 90ml [120ml] Gochujang &amp; 30ml [40ml] Low Sodium Soy Sauce)</i>
120g	160g	Edamame Beans

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Sugar/Sweetener/Honey  
Egg/s  
Paper Towel

1. **RICE** Place the rice in a pot with 600ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. **PREP** Peel and cut  $\frac{3}{4}$  [1] the onion into rounds and separate into rings. In a bowl, combine the vinegar and a sweetener (to taste). Toss through the onion and the cucumber. 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 sheets 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 3 [4] tsp of the cornflour in a bowl. Mix in 2 eggs and a pinch of salt. Place the remaining cornflour in a separate bowl and season. Coat the chicken pieces in the egg and 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 from the pan and drain on paper towel.

5. **KALE** Return the pan, wiped down if necessary, to medium-high heat with a drizzle of oil. Sauté the kale until slightly wilted, 3-4 minutes. Season and remove from the pan.

6. **SAUCE** Return the pan to medium heat. Add the Gochujang tomato mix, a sweetener, and 150ml [200ml] of water. Simmer until slightly reduced and sticky, 3-4 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 nori. Drain the pickling liquid from the onion and cucumber.

8. **YUM** Plate up your dinner buddha-bowl style, starting with the loaded rice, topped with the Korean chicken (and any remaining pan juices), the kale and the pickled veg. Drizzle over the mayo and sprinkle with the remaining nori (to taste).