



# UCOOK

## Fiery Gochujang One-tray Chicken

**with chicken drumsticks, carrot & green beans**

A popular condiment in Korean cooking, gochujang is a spicy red chilli paste. Golden-roasted drumsticks are covered in this paste, together with a sweet-soy sauce for that glistening goodness. Sided with roasted carrots & onions wedges, green beans, and pickled radish rounds. Enjoy, Chef!

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Thea Richter

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 Carb Conscious

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 Strandveld | Grenache

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## Ingredients & Prep

30ml	Gochujang
60ml	Sweet Soy <i>(40ml Low Sodium Soy Sauce &amp; 20ml Honey)</i>
4	Free-range Chicken Drumsticks
240g	Carrot <i>rinsed, trimmed &amp; cut into wedges</i>
1	Red Onion <i>peeled &amp; cut into wedges</i>
160g	Green Beans
1	Spring Onion
40g	Radish
40g	Salad Leaves
8g	Fresh Coriander
30ml	Rice Wine Vinegar

## From Your Kitchen

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

**1. IT'S A GO FOR GOCHUJANG** Preheat the oven to 200°C. In a bowl, combine the gochujang (to taste), the sweet soy, and a drizzle of oil.

**2. THE HOST WITH THE ROAST** Pat the chicken dry with paper towel and place on a roasting tray. Add the carrot & onion wedges and spread out in a single layer on half of a roasting tray. Coat the chicken & veg in ½ the gochujang mix (to taste). Roast in the hot oven for 30-35 minutes until cooked through and crispy, shifting halfway.

**3. BEAN THERE, DONE THAT** While the chicken is roasting, rinse, trim, and halve the green beans. Place in a bowl. Coat in oil and season. Set aside.

**4. PREP STEP** Trim the spring onion and finely slice. Slice the radish into thin rounds. Rinse the salad leaves and the coriander. Roughly chop the rinsed coriander and roughly shred the rinsed salad leaves.

**5. NEVER IN A PICKLE** In a bowl, combine the vinegar, 10ml of a sweetener, and 30ml of water. Add the sliced radish and toss until coated. Set aside to pickle. Drain just before serving.

**6. AMAZING AROMAS** When the roast has 10 minutes remaining, scatter the dressed green beans over the other half of the tray. Coat the chicken, carrot, & onion wedges in the remaining gochujang sauce (to taste). Roast for the remaining time.

**7. SUPPER'S UP FOR GRABS** Plate up the gochujang chicken & veg. Side with the roasted green beans and the shredded salad leaves topped with the pickled radish. Sprinkle over the sliced spring onion and the chopped coriander. Great work, Chef!

## Nutritional Information

Per 100g

Energy	403kJ
Energy	96kcal
Protein	7.7g
Carbs	8g
of which sugars	5g
Fibre	1.5g
Fat	4g
of which saturated	1.1g
Sodium	183mg

## Allergens

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

Cook  
within 3  
Days