

WCOOK

Korean Chicken Feast

with jasmine rice & Kewpie mayo

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Groote Post Winery | Groote 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 1	[Serves 2]	
75ml	150ml	Jasmine Rice <i>rinse</i>
1	1	Onion
30ml	60ml	Rice Wine Vinegar
100g	200g	Cucumber <i>rinse & cut into half-moons</i>
30ml	60ml	Kewpie Mayo
7,5ml	15ml	White Sesame Seeds
1	2	Nori Sheet/s
150g	300g	Free-range Chicken Mini Fillets
60ml	125ml	Cornflour
75g	150g	Kale <i>rinse & roughly shred</i>
70ml	140ml	Korean Sticky Sauce <i>(30ml [60ml] Tomato Sauce, 30ml [60ml] Gochujang & 10ml [20ml] Low Sodium Soy Sauce)</i>
40g	80g	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 200ml [400ml] 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 $\frac{1}{4}$ [$\frac{1}{2}$] 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 sheet/s 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 [2] 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 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, 2-3 minutes. Season and remove from the pan.

6. **SAUCE** Return the pan to medium heat. Add the Gochujang tomato mix, a sweetener, and 50ml [100ml] 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 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).