



UCOOK

Korean Fried Chicken Feast

with sushi rice & Kewpie mayo


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

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Wandile Mabaso

 Adventurous Foodie

 Leopard's Leap | Culinaria Chenin blanc

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Ingredients & Prep

100ml	Sushi Rice <i>rinsed</i>
30ml	Rice Wine Vinegar
20g	Radish <i>rinsed & sliced into thin rounds</i>
100g	Cucumber <i>roughly diced</i>
30ml	Kewpie Mayo
1	Nori Sheet <i>cut in half</i>
1	Free-range Chicken Breast
32ml	Corn Flour
200g	Pak Choi <i>trimmed at the base, leaves separated & rinsed</i>
60ml	Tomato Sauce (All Gold) + Gochujang + Low Sodium Soy Sauce <i>(30ml Tomato Sauce, 20ml Gochujang & 10ml Low Sodium Soy Sauce)</i>
10ml	White Sesame Seeds
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 250ml of salted water. Pop on a lid and place over a medium-high heat. Once boiling, reduce the heat and simmer for 15-20 minutes until the water has been absorbed and the rice is tender. Cover to keep warm.

2. PREP In a bowl, add the vinegar and a sweetener of choice (to taste). Mix until the sweetener is fully dissolved. Add the radish rounds and the diced cucumber. Toss until fully coated and set aside to pickle. Loosen the mayo with water in 5ml increments until drizzling consistency. Place the nori sheet in a pan over a medium-high heat. Toast for 1-2 minutes per side until crispy.

3. CHICKY Pat the chicken dry with some paper towel and cut into bite-sized chunks. Place 1 tsp of the cornflour in a bowl, crack in 1 egg, and add a pinch of salt. Mix until fully combined. Place a pot over a medium-high heat and fill with 4-5cm of oil. Place the remaining cornflour in a separate bowl and season well. Add the chicken to the bowl of egg and cornflour, and toss until fully coated. One by one, remove each piece and coat in the dry cornflour. Once the oil is hot, deep fry the chicken for 3-4 minutes until crispy and cooked through. Remove on completion and set aside to drain on some paper towel.

4. PAK Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the rinsed pak choi leaves for 1-2 minutes until slightly wilted. Remove from the pan and season.

5. SAUCE Return the pan to a medium heat. When hot, add the Korean sticky sauce and 50ml of water. Leave to simmer for 2-3 minutes until slightly reduced and sticky. On completion, remove from the heat and add the sesame seeds and the crispy chicken. Toss until the chicken is fully coated in the sauce. Cover to keep warm until serving.

6. LOADED RICE Once the rice is done, add in the edamame beans and crumble in $\frac{3}{4}$ of the toasted nori. Mix until fully combined and the edamame beans are heated through. Place over a low heat if necessary. Drain the pickling liquid from the cucumber and radish.

7. YUM Plate up the loaded rice. Top with the Korean fried chicken and side with the pickled veg. Drizzle over the loosened mayo and sprinkle with the remaining nori (to taste).

Nutritional Information

Per 100g

Energy	559kJ
Energy	134kcal
Protein	7.2g
Carbs	16g
of which sugars	2.4g
Fibre	1.3g
Fat	1.8g
of which saturated	0.3g
Sodium	156mg

Allergens

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

Cook
within 3
Days