



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!

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Thea Richter

 Carb Conscious

 Strandveld | Grenache

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Ingredients & Prep

| | |
|------|--|
| 45ml | Gochujang |
| 90ml | Sweet Soy <i>(60ml Low Sodium Soy Sauce & 30ml Honey)</i> |
| 6 | Free-range Chicken Drumsticks |
| 360g | Carrot <i>rinsed, trimmed & cut into wedges</i> |
| 2 | Red Onions <i>1½ peeled & cut into wedges</i> |
| 240g | Green Beans |
| 2 | Spring Onions |
| 60g | Radish |
| 60g | Salad Leaves |
| 12g | Fresh Coriander |
| 45ml | 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. Coat the chicken & veg in ½ the gochujang mix (to taste). Roast in the hot oven for 35-40 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 on a second roasting tray. Coat in oil and season. Set aside.

4. PREP STEP Trim the spring onions 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, 15ml of a sweetener, and 45ml 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, pop the tray of dressed green beans in the hot oven. 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