



UCCOOK

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

Nutritional Info	Per 100g	Per Portion
Energy	576kJ	4496kJ
Energy	138kcal	1075kcal
Protein	7.1g	55.4g
Carbs	17g	135g
of which sugars	2.8g	21.9g
Fibre	1.4g	11.3g
Fat	1.9g	15.1g
of which saturated	0.3g	2.3g
Sodium	190mg	1483mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Jasmine Rice <i>rinse</i>
30ml	60ml	Rice Wine Vinegar
20g	40g	Radish <i>rinse & slice into thin rounds</i>
100g	200g	Cucumber <i>rinse & cut into half-moons</i>
30ml	60ml	Kewpie Mayo
10ml	20ml	White Sesame Seeds
1	1	Nori Sheet
150g	300g	Free-range Chicken Mini Fillets
60ml	125ml	Cornflour
200g	400g	Pak Choi <i>trim at the base, separate leaves & rinse thoroughly</i>
70ml	140ml	Korean Sticky Sauce <i>(30ml [60ml] Tomato Sauce, 30ml [60ml] Gochujang & 10ml [20ml] Low Sodium Soy Sauce)</i>
50g	100g	Edamame Beans

From Your Kitchen

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

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, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. **PREP** In a bowl, combine the vinegar and a sweetener (to taste). Toss through the radish 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 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 [2] egg/s and a pinch of salt. Place the remaining cornflour in a separate bowl and season. Coat the chicken pieces in the egg & 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 and drain on paper towel.

5. **PAK CHOI** Return the pan to medium-high heat with a drizzle of oil. Fry the pak choi until slightly wilted, 1-2 minutes. Season and remove from the pan.

6. **SAUCE** Return the pan to medium heat. Add the Korean sticky sauce, 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 cucumber and radish.

8. **YUM** Plate up the loaded rice. Top with the Korean chicken and all the pan juices and side with the pak choi and the pickled veg. Drizzle over the mayo and sprinkle with the remaining nori (to taste).