



WCOOK

Korean Chicken Sub

with coleslaw & black sesame seeds

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Ethan Shahim

Wine Pairing: Painted Wolf Wines | The Den Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	904kJ	4607kJ
Energy	216kcal	1102kcal
Protein	10.5g	53.5g
Carbs	20g	102g
of which sugars	4.6g	23.5g
Fibre	1.5g	7.5g
Fat	10g	51g
of which saturated	0.8g	3.9g
Sodium	288mg	1467mg

Allergens: Sulphites, Egg, Gluten, Sesame, Sugar Alcohol (Sweetener), Wheat, Soya

Spice Level: Hot

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Chicken Mini Fillets
100g	200g	Shredded Cabbage & Julienne Carrots
20ml	40ml	Honey Lemon Mix
5ml	10ml	Sesame Oil
50ml	100ml	Kewpie Mayo
15ml	30ml	Gochujang
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
20g	40g	Green Leaves <i>rinse</i>
1	2	Sourdough Baguette/s <i>slice in half</i>
5ml	10ml	Black Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. GOLDEN CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

2. CRAVEWORTHY COLESLAW In a bowl, combine the cabbage & carrots, honey lemon mix, sesame oil, and coriander. Mix well, season (to taste), and place in the fridge.

3. CREAMY CHICKEN FILLING Roughly chop the cooked chicken fillets, combine with kewpie mayo and gochujang, and season the mix (to taste). Spread butter or oil over the baguette. Place a pan over medium heat. When hot, toast the baguette rounds until golden, 1-2 minutes per side.

4. BEST BAGUETTE EVER Lay the green leaves on the bottom of the baguette, and top with the chicken mix. Close your sandwich, side with coleslaw, and garnish with black sesame seeds. Enjoy, Chef.

Chef's Tip Fry the chicken mini fillets in batches if necessary to avoid overcrowding the pan, or you could end up with boiled chicken, instead of nice and golden chicken!