

MARLEY SPOON



Korean Grilled Chicken

with Kimchi Glass Noodle Salad



20-30min



2 Portions

Add vibrant Korean flavours to a chicken salad with just a few ingredients and a clever shortcut. We use Korean barbecue paste, or ssamjang, as a marinade, resulting in chicken that's sweet, spicy and earthy. And, as much as we love Korean pickled vegetables, we ditch the laborious fermentation process for a cheat's cabbage and cucumber kimchi that simply requires salting and pickling in a soy,...

What we send

- Lebanese cucumber
- sesame oil ¹¹
- ginger, garlic, red bird's-eye chilli, coriander
- Korean BBQ paste
- Chinese cabbage
- vermicelli bean noodles ¹
- free-range chicken tenderloins

What you'll require

- boiling water
- sea salt flakes
- soy sauce ⁶
- sugar
- vegetable oil

Utensils

- foil
 - grater
 - oven tray
 - sieve
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Soy (6). May contain traces of other allergens.

Nutrition per serving

Energy 490.0kcal, Fat 12.2g, Proteins 38.5g, Carbs 54.2g



1. Prepare vegetables

Thinly slice the **cabbage**. Quarter the **cucumber** lengthwise, then thinly slice on the diagonal. Place **cabbage** and **cucumber** in a bowl, add the **salt** and toss until very well combined. Set aside to wilt and lightly pickle.



2. Marinate chicken

Meanwhile, combine the **gojuchang and miso paste** and the **vegetable oil** in a large bowl. Add the **chicken** and turn to coat. Crush or finely chop the **garlic**. Peel and finely grate the **ginger**.



3. Start kimchi

Transfer the cabbage mixture to a sieve set over a bowl. Using a fork, whisk the pickling liquid with the **sesame oil, ginger, garlic, sugar** and **soy sauce** until sugar is dissolved. Add the cabbage mixture and toss until very well combined.



4. Finish kimchi

Finely chop the **chilli**, removing the seeds if less heat is desired. Coarsely chop the **coriander**, including the stems. Stir the **chilli** and **coriander** into the cabbage mixture.



5. Grill chicken

Heat the oven grill to high and line an oven tray with foil. Place the marinated **chicken** on the tray and grill for 2-3 mins each side until cooked through and lightly golden. Set aside to rest for 3 mins.



6. Soften noodles

Meanwhile, place **noodles** in a large heatproof bowl and cover with boiling water. Set aside to soften for 3-5 mins. Rinse and drain **noodles** in a sieve under cold water to cool. Mix in the kimchi to combine. Divide among plates, then top with the chicken to serve.