

# MARLEY SPOON



## Korean Grilled Chicken

with Kimchi Glass Noodle Salad



20-30min



4 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

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

## What you'll require

- boiling water
- sea salt flakes
- soy sauce <sup>6</sup>
- 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 455.0kcal, Fat 10.7g, Proteins 37.7g, Carbs 49.5g



### 1. Prepare vegetables

Thinly slice the **cabbage**. Quarter the **cucumbers** 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.



### 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.



### 2. Marinate chicken

Meanwhile, combine the **Korean BBQ 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**.



### 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.



### 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.



### 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.