

MARLEY SPOON



Korean BBQ Chicken Buns

with Quick Kimchi



30-40min



2 Portions

While we all love our Thai and Japanese food, but Korean food has gained some serious interest over recent times and rightly so we say! Korean food has a wonderful balance of spicy, sour and sweet flavours and these barbecue chicken buns are no exception. We serve them up with kimchi, a traditional spicy pickled cabbage that Koreans often consume on a daily basis, and once you try it, you'll wa...

What we send

- 1 birds eye chilli, 1 garlic clove, ginger and coriander
- Cabbage, Chinese Portion Cut
- Lebanese cucumber
- mayonnaise ³
- hotdog buns ^{1,7}
- Korean BBQ paste (Korean chilli paste, Korean miso paste) ^{1,6}
- free-range chicken tenderloins

What you'll require

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

Utensils

- foil
- oven tray

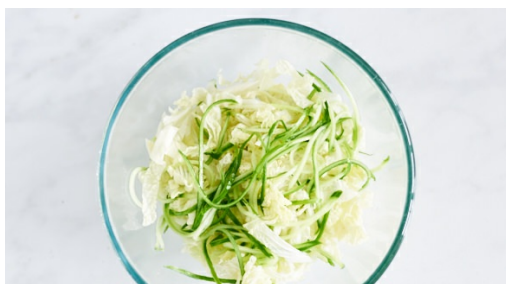
Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Egg (3), Soy (6), Milk (7).
May contain traces of other allergens.

Nutrition per serving

Energy 640.0kcal, Fat 21.7g, Proteins 41.2g, Carbs 99.5g



1. Prepare kimchi

Thinly slice the **cabbage** and finely shred the **cucumber**, then place in a bowl and mix in the **salt** until very well combined. Set aside to wilt and lightly pickle.



2. Prepare ingredients

Meanwhile, combine the **Korean BBQ paste** with the **oil** in a large bowl, then add the **chicken** and mix until well coated. Peel and finely grate the **ginger**. Crush or finely chop the **garlic**.



3. Finish kimchi

Rinse the **cabbage mixture** in a sieve under cold running water and drain well. Combine the **cabbage mixture** with the **ginger, garlic, sugar** and **soy sauce** in a bowl, mixing until very well combined. Cover and set aside for 15 mins to allow flavours to infuse.



4. Prepare garnish

Meanwhile, thinly slice the **chilli**, removing seeds if less heat is preferred. Coarsely chop the **coriander**, including the stems.



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 golden. Rest for 3 mins. Meanwhile, stir the **chilli** and **coriander** through the **kimchi** to combine.



6. Get ready to serve

Cut the **buns** in half and grill cut-side-up until lightly toasted. Spread one side of each bun with **mayonnaise**, then top with the **chicken** and **kimchi**. Serve any remaining **kimchi** on the side.