

# MARLEY SPOON



## Korean BBQ Chicken Buns

with Quick Kimchi



30-40min



4 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
- free-range chicken tenderloins
- Lebanese cucumber
- Korean BBQ paste (Korean chilli paste, Korean miso paste)
- Cabbage, Chinese Portion Cut
- hotdog buns <sup>1,7</sup>
- mayonnaise <sup>3</sup>

## What you'll require

- sea salt flakes
- soy sauce <sup>6</sup>
- sugar
- vegetable oil

## Utensils

- foil
- oven tray
- sieve

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 630.0kcal, Fat 22.0g, Proteins 40.6g, Carbs 97.3g



### 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.