



Spicy Korean Chicken

with Warm Cucumber and Carrot Kimchi



30-40min



2 Portions

It's no secret Korean cuisine has been taking the world by storm, bowling us over with its sensational sauces and fermented flavours. We arm you with the essential gochujang chilli condiment, so you can easily whip up an authentic glaze for chicken, then make a cheat's kimchi that requires no lengthy fermentation.

What we send

- free-range chicken tenderloins
- 2 Lebanese cucumbers and 1 carrot
- gochujang ⁶
- 2 garlic cloves, 1 spring onion and ginger
- sesame oil ¹¹
- black sesame seeds ¹¹
- green cabbage

What you'll require

- sea salt and pepper
- soy sauce ⁶
- sugar
- vegetable oil
- water
- white wine vinegar ¹⁷

Utensils

- foil
- large frypan
- medium saucepan
- oven tray
- small saucepan

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

Allergens

Soy (6), Sesame (11), Sulphites (17).
May contain traces of other allergens.

Nutrition per serving

Energy 500.0kcal, Fat 30.4g, Proteins 34.8g, Carbs 18.1g



1. Prepare ingredients

Finely chop or crush the **garlic**. Peel the **ginger**, then finely grate. Trim the **spring onion**, then cut two-thirds into 3cm lengths and thinly slice the remainder. Thinly slice the **cabbage**. Peel the **carrot**, then quarter lengthwise and cut into 2cm chunks.



2. Dry-brine vegetables

Quarter the **cucumbers** lengthwise, then cut into 2cm chunks. Put the **spring onion lengths**, **carrot** and **cucumber** in a large sieve set over a bowl. Season generously with **salt** and stand for 10 mins or until cucumber is slightly softened.



3. Make Korean glaze

Meanwhile, heat the **sesame oil** and **half the vegetable oil** in a small saucepan over medium heat. Stir-fry **half each of the garlic and ginger** for 1 min or until fragrant. Stir in **half each of the sugar, soy, vinegar and gochujang** and **2 tbs water**. Stir for 2-3 mins until slightly reduced. Set aside. Preheat grill to high. Line an oven tray with foil.



4. Make kimchi

Put **remaining 125ml (½ cup) water** in a medium saucepan and bring to a simmer over medium heat. Add **remaining garlic, ginger, sugar, soy, vinegar and gochujang**. Cook, stirring, for 5 mins. Meanwhile, rinse the cucumber mixture, then drain. Stir **cabbage** and cucumber mixture into pan. Cover. Simmer for 2-3 mins until warmed through. Remove from heat. Keep warm.



5. Cook chicken

While kimchi is cooking, heat the **remaining oil** in a large frypan. Add the **chicken** and cook for 1-2 mins each side until lightly golden. Transfer chicken to the Korean glaze and turn until well coated in the mixture.



6. Get ready to serve

Put chicken on the lined tray and scatter over the **sesame seeds**. Grill for 2-3 mins until rich in colour and cooked through. Set chicken aside to rest for 2 mins. Divide chicken and kimchi among plates. Scatter over the **sliced spring onion** to serve.