

Korean Gochujang Chicken breast

with Fried Cauli 'Rice'

hellóchef

Gochujang or red chili paste is a savoury, sweet, and spicy fermented condiment, popular in Korean cooking.

Cals 540 • Prot 64 • Carbs 32 • Fat 18

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🕒 cook: 35 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken breast	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Gochujang 9*	15	20	30	Grams
Tamari 9*	15	22	30	ML
Rice vinegar	15	22	30	ML
Brown sugar	5	5	10	Grams
Fried 'rice'				
Cauliflower	400	600	800	Grams
Carrot	1	2	2	Piece
Sugar snap peas	100	150	200	Grams
Vegetable oil	1	1	1	Tbsp
Organic Eggs 5*	2	3	4	Piece
Salt	1	1	1	Tsp
Soy sauce 9*, 10*, 11*	20	30	40	ML
Sesame oil 3*, 9*	15	22	30	ML
Garnish				
Spring onion	40	60	80	Grams
Sesame seeds 3*	10	15	20	Grams

Allergens

*9 Soya, *5 Eggs, *10 Wheat, *11 Gluten, *3 Sesame Seeds

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2256 / 540
Fat (g)	18
of which saturates (g)	4.3
Carbohydrate (g)	32
of which sugars (g)	14.7
Fiber (g)	9.1
Protein (g)	63.6
Salt (g)	4

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep chicken

In a bowl, combine the **gochujang (spicy!)**, **rice vinegar**, **tamari** and **brown sugar**. Wrap the **chicken breasts** in cling film and place them on a chopping board. Using a rolling pin, bash the **chicken breasts** until halved in thickness. Add the **chicken** to the **marinade** and turn to coat. Set aside.

Tip! Marinate the chicken for up to 24 hours in advance.



2 Prep cauli

Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.



3 Prep

Peel and grate the **carrots**. Roughly chop the **snap peas**. Chop the **spring onions**.



4 Fry chicken

Heat a large non-stick pan with a lid over a medium heat with a drizzle of **oil**. Once hot add the **chicken** and fry covered for 3-4 min on each side or until cooked through. Add a splash of water if the **chicken** is browning too fast. Transfer the **chicken** to a plate and reserve the pan.



5 Fried rice

Return the pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **eggs**. Scramble for 1 min. Add the **cauliflower**, **carrots**, **snap peas** with a generous pinch of **salt** and stir-fry for 5 min or until the **cauliflower rice** begins to soften. Add the **soy sauce**, **sesame oil** and **spring onion** and toss.



6 Serve

Serve the **Gochujang chicken** over the **fried cauli 'rice'**. Garnish with the **sesame seeds**.