Korean Gochujang Chicken breast

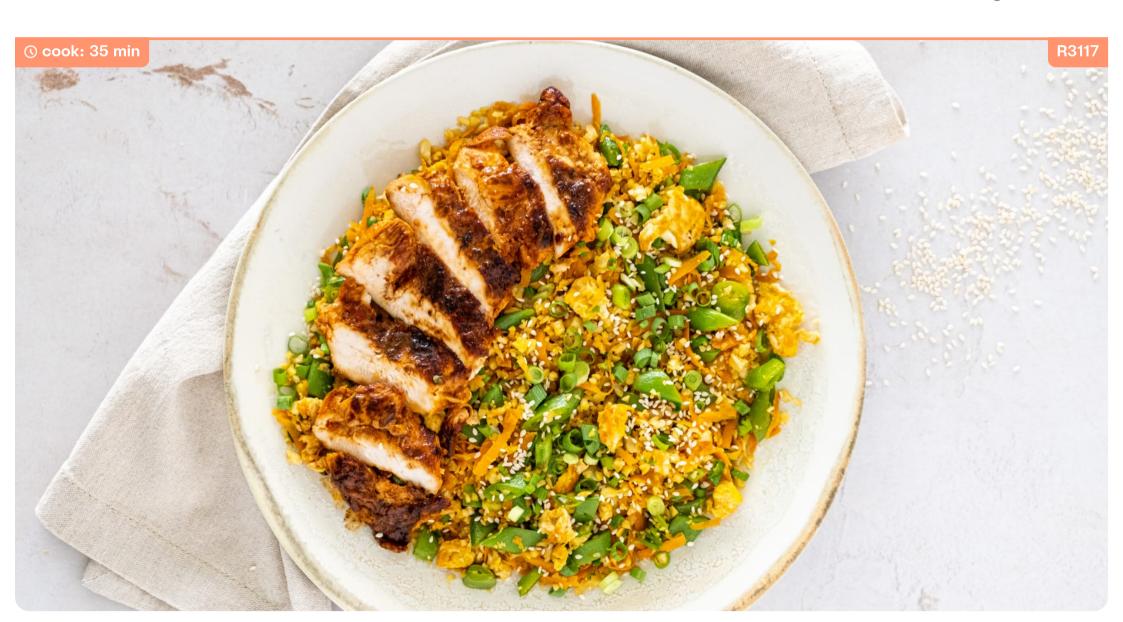
with Fried Cauli 'Rice'

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

hellóchef

Cals 540 • Prot 64 • Carbs 32 • Fat 18

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Before you start

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

Ingredients

3				
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**.