

# Korean-style Chicken Bites

## with Sesame Slaw and Sushi Rice

**hellóchef**

Enjoy this delicious Korean supper with crispy chicken and sticky sushi rice!

Cals 980 • Prot 60 • Carbs 116 • Fat 31

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🕒 cook: 40 min

R3387





Before you start

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

Ingredients

Rice	2 ppl	3 ppl	4 ppl	
Sushi rice	150	225	300	Grams
Salt	0.5	0.5	1	Tsp
Water	300	450	600	ML
Rice vinegar	15	22	30	ML
Fried chicken				
Chicken breast	400	500	600	Grams
Plain flour <b>10*</b> , <b>11*</b>	10	15	20	Grams
Corn starch	20	30	30	Grams
Vegetable oil	1	1	2	Tbsp
Gochujang <b>9*</b>	15	20	20	Grams
Garlic cloves	2	2	3	Piece
Soy sauce <b>9*</b> , <b>10*</b> , <b>11*</b>	20	30	40	ML
Ketchup	8	16	16	Grams
Honey	15	15	30	Grams
Sesame slaw				
Carrot	2	3	4	Piece
Cucumber	1	2	2	Piece
Spring onion	40	60	80	Grams
Sweet soy sauce <b>9*</b> , <b>10*</b> , <b>11*</b> , <b>14*</b>	15	20	30	ML
Tahini <b>3*</b>	20	30	40	Grams
Mayonnaise <b>5*</b> , <b>9*</b> , <b>13*</b>	32	50	75	Grams
Lime	1	1	2	Piece
Sesame oil <b>3*</b> , <b>9*</b>	15	22	30	ML
Black sesame seeds <b>3*</b>	10	15	20	Grams

Allergens

**\*10 Wheat, \*11 Gluten, \*9 Soya, \*14 Sulphur Dioxide, \*3 Sesame Seeds, \*5 Eggs, \*13 Mustard**

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)	3866 / 980
Fat (g)	31.3
of which saturates (g)	3.3
Carbohydrate (g)	116
of which sugars (g)	22.8
Fiber (g)	8.7
Protein (g)	60.3
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 Cook rice

Rinse the **sushi rice** in cold water. Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 15 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from the heat and let cool slightly. Once cooled, fold in the **rice vinegar**.

**Tip!** If cooking for kids, set aside a portion of the rice before adding the rice vinegar.



2 Prep chicken

Meanwhile, chop the **chicken** into bite-sized pieces and place it in a bowl. Add the **flour** and **corn starch** and toss until coated.



3 Fry

Heat a large pan over a medium-high heat with a drizzle of **oil**. Add the coated **chicken** and cook for 5-6 min on each side until crispy and cooked through. Transfer to a plate. Wipe the pan clean and save it for step 5.

**Tip!** To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



4 Make salad

Meanwhile, peel the **carrot**. Continue peeling until you are left with a pile of **carrot** ribbons. Slice them into thin sticks. Chop the **cucumber** into thin sticks. Trim and finely slice the **spring onion**. Combine the **sweet soy sauce**, **tahini**, **mayonnaise**, **lime** juice and **sesame oil** in a large bowl. Tumble the **cucumber** and **carrot** in the **sesame dressing**.

**Tip!** If cooking for kids, reserve a portion of the cucumber and carrot keeping them plain. Reserve a portion of the sesame dressing.



5 Toss chicken

Peel and mince the **garlic**. Return the pan to a medium heat. Add the **garlic**, **Gochujang (spicy!)**, **soy sauce**, **ketchup**, **honey** and a splash of water. Cook for 2 min. Return the **chicken** to the **sauce** and turn until coated and warmed through.

**Tip!** If cooking for kids, keep a portion of chicken plain.



6 Serve

Serve the **Korean fried chicken** with the sticky **rice** and **slaw** to the side. Garnish with the **sesame seeds** and the **spring onions**.

**Tip!** If cooking for kids, plate the plain chicken, cucumber, carrot and rice separately. Serve the sesame seeds, spring onion and the reserved sesame dressing to the side.