



Cheesy Korean Style Gochujang Chicken Sandwich with Quick Pickled Carrot Ribbons

Lunch 20-25 Minutes • Medium Spice

13A



Cider Vinegar



Carrot



Mature Cheddar Cheese



Diced Chicken Breast



Gochujang Paste



Burger Bun

Pantry Items

Olive Oil, Salt, Pepper, Oil, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Bowl, chopping board, knife, peeler, grater and frying pan.

Ingredients

Ingredients	Quantity
Cider Vinegar 14)	15ml
Carrot**	1
Mature Cheddar Cheese** 7)	30g
Diced Chicken Breast**	260g
Gochujang Paste 11)	30g
Burger Bun 13)	2

Pantry	Quantity
Olive Oil for the Dressing*	1 tbsp
Mayonnaise*	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2325/556	770/184
Fat (g)	24.0	8.0
Sat. Fat (g)	5.6	1.9
Carbohydrate (g)	39.3	13.0
Sugars (g)	11.6	3.8
Protein (g)	42.9	14.2
Salt (g)	2.24	0.74

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **11)** Soya **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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1



2



3



Get Prepped

- In a medium bowl, stir together the **cider vinegar** and **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**.
- Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core. Add the **ribbons** to the bowl of **dressing** and toss well.
- Grate your **Cheddar cheese**.

Fry your Chicken

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **chicken** to the pan and season with **salt** and **pepper**. Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*
- Once cooked, turn down the heat to medium. Add the **gochujang paste** to the pan and cook until thickened slightly, 1-2 mins.

Lunch is Served

- When the **gochujang chicken** is ready, halve the **buns**, then pop them onto your plates and spread your **mayo** (see pantry for amount) on the **lids** of the **buns**.
- Drain the **pickling juice** from the **carrots**, then load the **bases** with the **pickled carrot ribbons**.
- Top the **carrots** with the **gochujang chicken**.
- Arrange the **grated Cheddar** on top of the **chicken**, then sandwich shut with the **bun lids**.

Enjoy!