



Product Spotlight: Sesame seeds

These little white or black seeds add crunch to salads, noodles, stir-fries and baked goods. Toast them in a dry frypan first to bring out their subtle nutty flavour.



Korean BBQ Chicken Platter

Sticky Korean BBQ marinated chicken roasted until caramelised and sprinkled with sesame seeds, served with corn, roasted potatoes, pickled slaw and smoky dipping sauce.



45 minutes



Chicken



2 servings

Fire up the flavour!

You can cook this platter on the BBQ instead of in the oven! Grill the chicken, corn and potatoes for extra char and smoky flavour.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	53g	65g

FROM YOUR BOX

KOREAN BBQ SAUCE	1 sachet
CHICKEN MARYLANDS	2-pack
BABY RED POTATOES	400g
CORN COB	1
LEBANESE CUCUMBER	1
CARROT	1
RED CABBAGE	1/4
AIOLI	1 sachet
WHITE SESAME SEEDS	10g

FROM YOUR PANTRY

sesame oil, oil for cooking, salt, pepper, rice wine vinegar, sugar, soy sauce

KEY UTENSILS

oven tray, oven dish

NOTES

Add crushed garlic or a pinch of smoked paprika to the marinade for extra depth of flavour. You can slash the chicken to allow the marinade to infuse and speed up the cooking time.

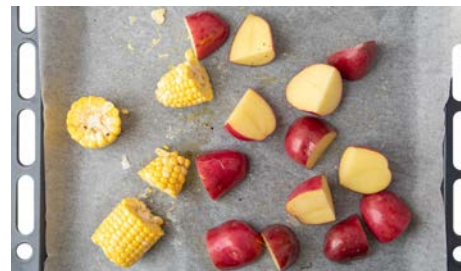
Cut the chicken to separate the thigh and leg pieces if preferred!



1. MARINATE THE CHICKEN

Set oven to 220°C.

Combine **1 tbsp sesame oil**, **1/2 tbsp soy sauce**, **1 tsp sugar** and **1/2 sachet Korean BBQ sauce**, in a large bowl. Add **chicken marylands**, toss to coat and set aside (see notes).



2. ROAST POTATOES & CORN

Halve **potatoes** and cut **corn** into cobs. Toss on an oven tray with **oil**, **salt** and **pepper**. Roast for 30–35 minutes, turning halfway, until cooked through.



3. ROAST THE CHICKEN

Place **chicken** in a lined oven dish. Roast for 30–35 minutes, basting with reserved **marinade** halfway through, until caramelised and cooked through.



4. PICKLE THE SLAW

Peel **cucumber** and **carrot** into ribbons using a vegetable peeler. Shred **cabbage** (use to taste). Toss all together in a non-metallic bowl with **2 tbsp rice wine vinegar**, **1 tsp sugar** and **1/2 tsp salt**. Set aside.



5. PREPARE THE SAUCE

Combine remaining **1/2 sachet Korean BBQ sauce** with **aioli**.



6. FINISH AND SERVE

Sprinkle **sesame seeds** over **chicken**. Serve with **roasted potatoes**, **corn**, **dipping** sauce and **slaw** on a large serving platter.



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