



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



4/6 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
4/6 Person:	36g	52g/40g	62g

FROM YOUR BOX

	4 PERSON	6 PERSON
KOREAN BBQ SAUCE	2 sachets	3 sachets
CHICKEN MARYLANDS	4-pack	4-pack + 2-pack
BABY RED POTATOES	800g	1.2kg
CORN COBS	2	3
LEBANESE CUCUMBERS	2	3
CARROT	1	2
RED CABBAGE	1/4	1/4
AIOLI	2 sachets	2 sachets
WHITE SESAME SEEDS	10g	2 x 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!



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1. MARINATE THE CHICKEN

Set oven to 220°C.

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

6P – use 1 1/2 sachets Korean sauce, 3 tbsp sesame oil, 1 1/2 tbsp soy sauce and 3 tsp sugar.



4. PICKLE THE SLAW

Ribbon **cucumber** and **carrot** using a peeler. Shred **cabbage**. Toss all together in a non-metallic bowl with **3 tbsp vinegar**, **2 tsp sugar** and **1 tsp salt**. Set aside.

6P – use 4 tbsp vinegar, 3 tsp sugar and 1 1/2 tsp salt.



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.



5. PREPARE THE SAUCE

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

6P – use 1-1 1/2 sachet Korean BBQ sauce according to taste.



3. ROAST THE CHICKEN

Place marinated **chicken** in a lined oven dish. Roast for 30–35 minutes, basting halfway through, until cooked through.



6. FINISH AND SERVE

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

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