



Product Spotlight: Liberty Chicken

We source our 100% free-range chicken from Mount Barker, WA. It gets deboned and packaged by local business Liberty Chicken.



Korean Chicken Sliders

Chicken breast fillets cooked in a smokey, Korean-style sauce, served in slider buns with fresh and spicy fillings, aioli and crispy chicken skin, and a side of sweet potato wedges.



30 minutes



2 servings



Chicken

Skip it!

While it is a fun addition, you can skip crisping the chicken skin at step 3. Cook the chicken with the skin on or remove the skin and discard it.

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 40g | 48g | 97g |

FROM YOUR BOX

| | |
|-----------------------|----------|
| SWEET POTATOES | 400g |
| TOMATO PASTE | 1 sachet |
| CHICKEN BREAST FILLET | 300g |
| SPRING ONIONS | 1 bunch |
| RED CHILLI | 1 |
| CARROT | 1 |
| LEBANESE CUCUMBER | 1 |
| AIOLI | 1 sachet |
| SLIDER BUNS | 4-pack |

FROM YOUR PANTRY

oil for cooking, sesame oil, salt, pepper, smoked paprika, soy sauce, sugar of choice, vinegar of choice

KEY UTENSILS

large frypan, oven tray

NOTES

You can slice the cucumber and grate the carrot if preferred.

Remove seeds from chilli for a milder heat.

If desired, heat slider buns in a frypan over medium-high heat with oil. Add buns, cut side down and cook for 2-3 minutes until toasted.

No gluten option – slider buns are replaced with GF buns.



Scan the QR code to
submit a Google review!



1. ROAST THE WEDGES

Set oven to 220°C.

Wedge **potatoes** and add to a lined oven tray. Toss with **oil, salt and pepper**. Roast for 25-30 minutes. or until tender and golden.



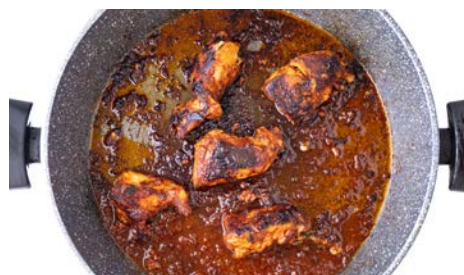
2. PREPARE THE CHICKEN

Add **tomato paste, 1 tsp sugar, 1 tsp paprika, 2 tsp soy sauce, 2 tsp sesame oil** and **1 tsp vinegar** to a bowl, mix to combine and reserve 1 tsp for step 5. Remove skin from **chicken breast** and set aside (see cover note). Quarter chicken, add to sauce and mix to coat chicken.



3. CRISP THE CHICKEN SKIN

Heat a frypan over high heat with **oil**. Add chicken skin and cook for 1-2 minutes each side. Remove to a plate. Reduce to medium heat, add chicken and cook for 4 minutes. Turn chicken and cover pan with a lid. Cook for further 4-6 minutes until cooked through.



5. COOK THE CHICKEN

Add chicken to pan and cook for 4 minutes on one side. Turn chicken and cover pan with a lid. Cook for further 4-6 minutes until cooked through. Season to taste with **salt and pepper**.



5. PREPARE THE FILLINGS

Thinly slice **spring onions** and **chilli**. Julienne or ribbon **carrot** and **cucumber** (see notes). Add to a bowl and toss with **2 tsp sesame oil**. Add **aioli** to a bowl along with reserved Korean BBQ sauce and **1 tsp water**. Mix to combine. Halve **slider buns**.



6. FINISH AND SERVE

Divide wedges among plates. Build sliders with aioli, salad and chicken. Serve extra salad on the side. Alternatively, take all the elements to the table for everyone to build their own sliders.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

