



bit spicy

# Korean chicken with rice and lettuce

A deliciously light meal, perfect for barbecue weather, although the chicken can also be cooked in the oven. An iceberg or large gem lettuce is the best as you can wrap the leaf around the chicken and rice, taco-style. Gochujang paste is available online and is a tangy, slightly salty, thick sauce with a rich colour and a bit of heat. If you can't track it down, try a medium chilli sauce such as Lingham's garlic and ginger, but omit the sugar. **Serves 4**

## INGREDIENTS

- 3-4 chicken breasts (approx. 700g)
- 1 tbsp sesame oil
- 2 tbsp Gochujang paste
- 2 tbsp plum sauce
- 4 tbsp soy sauce
- 4 cloves garlic, crushed
- 2 tbsp white vinegar (we just used plain malt)
- 2 tbsp brown sugar
- sesame seeds and soy sauce to garnish, plus finely chopped coriander (optional)
- crisp and fairly large lettuce leaves and cooked rice to serve

## RECIPE

1. Combine the oil, paste, sauces, garlic and vinegar, and marinate the whole chicken breasts for a few hours.
2. Grill or bake the chicken until just cooked and still tender (about 25 minutes in a medium oven). Scatter with sesame seeds and leave to rest for a few minutes before carving into slices.
3. Meanwhile cook the rice, and leave to cool before stirring in a handful of coriander.
4. To serve, take a lettuce leaf, pile on some rice, add a slosh of soy sauce, then place a few pieces of chicken on top. Add more sesame seeds if required, wrap the leaf around the filling and eat with your hands. You may need a spoon or fork to rescue any bits which drop out!

## COOK'S NOTES

- You can use exactly the same marinade to cook ribs. We like to start them off in the oven for about an hour, then baste on the barbecue or grill for a lovely glazed finish and crispy texture.