

KOREAN BBQ CHICKEN THIGHS



35 MINUTES

Cook Time

4

Servings

TOMATO KETCHUP

Heinz Products

Ingredients:

8 chicken thighs, cut into bite size pieces
250 ml buttermilk
100 g cornflakes, crushed to a fine crumb
75 g plain flour
2 tsp chilli powder
2 tsp garlic powder
250 g sticky rice, cooked
1/2 red cabbage, thinly sliced
6 spring onions, thinly sliced
1 tbsp toasted sesame seeds
A good handful of coriander leaves
Sea salt and freshly ground black pepper
Sunflower oil spray

For the sauce:

6 tbsp AMOY Light Soy Sauce
75 g SOSU Gochujang (Korean chili paste)
100 g Heinz Tomato Ketchup

Method:

1. Preheat the oven to 200°C.
2. In a large bowl, mix the buttermilk with a generous season of sea salt and ground black pepper. Add the chicken to the bowl and marinate for at least 30 minutes. Set aside.
3. Pour the cornflakes in a large freezer bag and with a rolling pin, crush the cornflakes until you have a coarse powder. Add the rest of the coating ingredients to the bag along with salt and pepper. Seal the bag and shake the dry mix until all ingredients are well combined.
4. Pour the dry mix in a large wide shallow bowl. One by one using tongs, dip each marinated chicken piece (shaking off any excess) in the dry mix until coated on all sides.
5. Arrange chicken on a baking sheet with parchment paper and lightly spritz with sunflower oil. Cook in the oven for 30 minutes at 190°C FAN or until the chicken is cooked and crispy. Turning halfway through to make sure they're golden on all sides.
6. While the chicken cooks, prepare the sauce. In a small saucepan whisk together AMOY Light Soy Sauce, Heinz Tomato Ketchup and SOSU Gochujang paste.
7. Place the saucepan on a medium heat and bring to a low simmer, cooking until the sauce thickens — about 3 minutes. Set aside.
8. Once the chicken has cooked, brush with the sauce and serve any remaining sauce alongside.
9. Assemble serving plate with the sticky rice, cabbage, spring onions, chicken pieces, sesame seeds and plenty of coriander. Drizzle with more of the spicy sauce as needed.