



DropChef Gochujang Sweet Potato and Quinoa Bowl

Gochujang chilli paste is a savory, sweet, and spicy fermented condiment popular in Korean cooking. Gochu comes from the ingredient Gochu Garu chili powder which is mixed with glutinous rice and various other ingredients to create a sweet, sticky and savoury paste perfect adding a blast of flavour!

Nutritional Info

Calories: 545kcal
 Carbohydrates: 77g
 Protein: 14g
 Fat: 18g

Ingredients

- Sweet Potato
- Gochujang Chilli Paste
- Quinoa
- Vegetable Stock Cube
- Sesame Oil
- Mixed Leaves
- Radishes
- Pointed Red Pepper
- Cucumber
- Rice Vinegar

Your Pantry

Allergens

Soybean (Gochujang paste)
Celery (Stock Cubes - may also contain traces of Egg, Soya & Mustard)
Sesame Seeds (Sesame Oil)
Sulphur Dioxide (Vinegar)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Preheat the oven to 200C and boil the kettle.

Make the stock up to 500ml per cube.

2) Prepare the sweet potatoes

Give the sweet potatoes a quick scrub and then cut into slim-medium thick wedges (no need to peel unless you want to!). Toss in a bowl with the sesame oil, salt, and pepper. Arrange on a baking tray and roast for 10-15 minutes then brush a *third* of the gochujang paste over them. Return the potatoes to the oven for a further 10-15 minutes or until cooled and crisped at the edges. While the potatoes cook....

3) Cook the Quinoa

Add the quinoa and the 140ml per person of stock to a pan on high heat. Bring to a simmer for 12 minutes then switch off the heat, cover the pan with a lid and leave the quinoa for 10 minutes without removing the lid. Once done, remove the lid and fluff with a fork. Season with salt and pepper to taste then leave to cool for 5-10 minutes.

4) Prepare the vegetables and dressing

Slice the radishes, pepper, and cucumber thinly. Combine them with the mixed greens in a bowl. Mix the remaining gochujang paste with the dressing mix and 30ml of water per person.

5) Make the salad

Combine the cooled quinoa with all the vegetables and mix in the dressing. Arrange the salad on a plate and lay the sweet potato wedges on top.



Fancy winning free DropChef in our weekly competition?!

To enter just share your delicious dinner on Instagram | **#DropChef**