



## Pulled Korean BBQ Chicken Burgers with Quick Pickled Veg & Sweet Potato Cubes



Have you ever tried purple potatoes before? They have a lower glycemic index than regular potatoes meaning they have a more stabilising effect on blood sugar. In addition they contain anthocyanins - important antioxidants which contribute to heart health and protection from carcinogens. You can spot anthocyanin containing veg from their colour- look out for deep red and purple pigments!

### Nutritional Info

Calories: 716 kcal  
 Carbohydrates: 61 g  
 Protein: 40 g  
 Fat: 29 g

### Ingredients

- Chicken fillet
- Carrot
- Korean BBQ Sauce
- Rice Vinegar
- Spring Onions
- Brioche Buns
- Purple Sweet Potatoes
- Crème Fraîche
- Fresh Coriander

### Your Pantry

- Olive Oil
- Salt
- Pepper
- Sugar

### Allergens

- [Wheat \(Brioche Buns, Korean BBQ Sauce\)](#)
- [Soybean \(Korean BBQ Sauce\)](#)
- [Egg \(Brioche Bun\)](#)
- [Milk \(Brioche Bun, Crème Fraîche\)](#)
- [Sesame \(Korean BBQ Sauce\)](#)

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 200°C

### 2) Make the purple sweet potato cubes

Peel and cut the purple sweet potatoes into small cubes. Place on a baking tray with a drizzle of oil, salt, and pepper. Toss together and cook for 20-30 minutes or until tender and crisp! Meanwhile....

### 3) Cook the chicken

Place a large frying pan on high heat with a drizzle of oil. Add the chicken fillets and season with salt and pepper. Saute on each side until sealed (approx 2-3 minutes on each side). Stand back and carefully pour over 200ml of hot water - cover immediately with a lid or tin foil. Bring to a simmer and cook for 10 minutes, or until the chicken is cooked through. Once the chicken is cooked, drain off the liquid. Transfer the chicken to a plate or board and use two forks to shred and pull apart the chicken.

Add a drizzle of oil back into the pan and place on medium heat. Add the shredded chicken and saute for 1-2 minutes, then add the Korean BBQ sauce and cook for 2-3 minutes until caramelised. Switch off the heat and cover.

### 4) Prepare the vegetables

Finely chop the fresh coriander. Peel the carrot and use the peeler to shave it into ribbons. Slice the spring onion thinly. Combine the carrots and spring onions in a bowl with the rice vinegar, a pinch of salt, and a pinch of sugar - this is your quick-pickled veg.

### 5) Plate the dish

Lightly toast the burger buns. Spread some of the Crème fraîche on one side. Lay the Korean chicken over and top with some of the quick pickled veg and the coriander, then top with the bun. Serve the burger alongside the purple sweet potato cubes.



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