KOREAN · SIDE

Stuffed Cucumber Kimchi (Oi-sobagi)

30 min · Serves 10 · 48 kcal a serve · Video 7:04 · Maangchi

Pescatarian · Gluten-free ingredients · No dairy listed · No nuts listed

A fresh kimchi you can eat the same day: crunchy cucumber with raw carrot, onion and chives. About 50 kcal a serve, rich in vitamin K and a source of vitamin A, with one tablespoon of sugar for ten serves. It is salty (about 900 mg sodium a serve).

Diet notes: Low carb (6.9 g net carbs) but not keto: 22% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0.2 g, 4% of the energy).

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Ingredients 11 · SERVES 10

- [ ] 2 pounds **kirby cucumbers** (9 or 10 small cucumbers)
- [ ] 2 Tbsp **salt**, for salting the cucumbers (most is rinsed off)
- [ ] 1 cup **buchu** (Asian chives), cut into ½-inch pieces
- [ ] 4 **garlic** cloves, minced
- [ ] 1 medium **carrot**, cut into thin matchsticks (about 1 cup)
- [ ] 1 cup **onion**, thinly sliced
- [ ] ½ cup **gochugaru** (mild Korean hot pepper flakes)
- [ ] 3 Tbsp **fish sauce**
- [ ] 1 Tbsp **sugar**
- [ ] ¼ cup **water**
- [ ] 1 Tbsp **toasted sesame seeds**

Allergens found in the listed ingredients: Fish, Sesame. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Wash the cucumbers and trim off any brown ends. Cut each one lengthwise twice, at right angles, stopping about ½ inch from one end so the quarters stay joined and form a pocket. 0:22
2. Rub the cucumbers inside and out with the salt and leave 20 minutes, turning them over halfway, until they soften slightly and release water. 1:11
3. Meanwhile cut the chives into ½-inch pieces, slice the onion thinly, cut the carrot into matchsticks and mince the garlic. Mix them with the hot pepper flakes, fish sauce, sugar, water and sesame seeds to make the stuffing. 1:39
4. Rinse the cucumbers quickly in cold water to remove the excess salt and drain. 4:07
5. Open each pocket and stuff it generously. Eat straight away, crisp and fresh, or leave covered on the counter for a couple of days to turn sour, then refrigerate. 4:27
6. Snip into bite-sized pieces with scissors and serve with rice and a mild, non-spicy soup. 5:52

> **Tip** Serves 10 as a side (our estimate). For a vegan version swap the fish sauce for soy sauce or tamari. Korean, English or Persian cucumbers work in place of kirby. Keep leftovers in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
48 kcal	**2.1** g	**9.4** g	**2.5** g	**1.2** g	**900** mg
200 kJ	4% of a day	6.9 g net · 4.3 g sugars	9% of a day	0.2 g saturated	39% of a day
		3% of a day		2% of a day	

Energy from net carbs 59% · protein 18% · fat 23%

High in (20%+ of a day) Vitamin K 25%

Source of (10–19%) Vitamin A 19% · Vitamin B6 11%

Recipe and video: Maangchi (@Maangchi) on YouTube — youtube.com/watch?v=ApQUENQbgiY, published 18 July 2013. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/cucumber-kimchi-oi-sobagi