KOREAN · LUNCH · DINNER

Dakbokkeumtang (Korean Spicy Braised Chicken)

75 min · Serves 3 · 349 kcal a serve · Video 11:35 · Maangchi

No nuts listed

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Around 40 g of protein and just 5 g of fat per serve from chicken breast braised with potato and onion. The cook leaves out the usual sugar and lets apple sweeten the sauce; rich in vitamin B6 and selenium.

Diet notes: Low saturated fat (1.3 g, 3% of the energy); Gluten-free with a swap: Use tamari and a gluten-free gochujang to keep it gluten-free; No dairy if you leave out the milk.

Ingredients 15 · SERVES 3

- [ ] 450 g **chicken breasts** (about 2 large)
- [ ] ½ tsp **kosher salt**
- [ ] 60 ml **milk** (any kind), to marinate the chicken (most is left in the bowl)
- [ ] 1 small **apple**, peeled, cored and thinly sliced (about 110 g)
- [ ] 225 g **potato**, peeled and cut into bite-sized chunks
- [ ] 1 medium **onion** (170 g), cut into chunks
- [ ] 1 **green chilli pepper**, chopped
- [ ] 2 **green onions**, cut into 2.5 cm lengths
- [ ] 590 ml **water**
- [ ] 2 tbsp **soy sauce**
- [ ] 1 tbsp **gochugaru** (Korean hot pepper flakes)
- [ ] 2 tbsp **gochujang** (Korean hot pepper paste)
- [ ] 4 **garlic** cloves, minced
- [ ] 1 tsp minced **ginger**
- [ ] ½ tsp **ground black pepper**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Milk, Soy. 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. Rinse the chicken, cut each breast in half crosswise, then cut deep slits about 1 cm apart across each piece so it opens like an accordion. Sprinkle with the salt, add the milk, mix and refrigerate for at least 30 minutes. 1:26
2. Mix the soy sauce, gochugaru, gochujang, garlic, ginger and black pepper into a paste. 3:05
3. Lift the chicken out of the milk and tuck the apple slices into the slits. Lay the pieces in a shallow pan with any leftover apple, spread the paste on top and pour in 590 ml water. 4:41
4. Cover and cook over medium-high heat for 15 minutes. 5:40
5. Add the potato, onion and green chilli so they sit in the liquid. Cover, turn the heat to medium and cook 15 minutes more until the potato is tender; add a little water if it reduces too much. 8:08
6. Add the green onions, turn the heat up to medium-high and let it bubble for about 1 minute. Serve straight from the pan. 9:30

> **Tip** The cook serves it with rice and a spicy cucumber side salad. Spoon the broth and potato over the rice. Chicken thighs work too for a richer version.

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

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
349 kcal	40 g	36 g	5.2 g	5 g	1,220 mg
1,460 kJ	80% of a day	31 g net · 11 g sugars	19% of a day	1.3 g saturated	53% of a day
		13% of a day		6% of a day	

Energy from net carbs 38% · protein 48% · fat 14%

High in (20%+ of a day) Vitamin B6 67% · Selenium 60% · Vitamin C 25% · Vitamin K 23% · Potassium 22% · Magnesium 20%

Source of (10–19%) Iron 17% · Zinc 17% · Vitamin B12 17% · Folate 12%

⚠ One serve has about 53% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Maangchi (@Maangchi) on YouTube — youtube.com/watch?v=T7icxr899qc, published 28 May 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/dakbokkeumtang-spicy-braised-chicken-breast