



# SPICY GOCHUJANG HONEY GLAZED HARVEST GOURMET NUGGETS

## INGREDIENTS

- 1 Packet Harvest Gourmet Nuggets
- 2 Tablespoons Ginger
- 1/4 Cup Gochujang Sauce
- 1/4 Cup Tomato Puree
- 2 Tablespoons Honey
- 2 Teaspoons Vinegar, White
- 2 Teaspoons Cooking Oil
- 1 Teaspoon Spring Onion
- 1 Teaspoon Sesame Seeds
- 1 Small Carrot
- 1 Unit Cucumber
- 1 Unit Capsicum, red, raw



## PREPARATION

- 1.** Air fry the Harvest Gourmet Nuggets in the air fryer at 180c for 11 minutes.
- 2.** To make the glaze, gently heat the cooking oil in a pan and saute the minced ginger till fragrant
- 3.** Add in the tomato puree, gochujang paste, honey and rice vinegar.
- 4.** Stir well to combine and cook on low heat till the sauce gently simmers.
- 5.** Turn off the heat. Toss in the air-fried Harvest Gourmet Nuggets with the spicy glaze to evenly coat.
- 6.** Sprinkle with sesame seeds and finely sliced spring onion. Serve immediately with an assortment of carrot, cucumber & capsicum sticks

Recipe created by DIETITIAN INDRA BALARATNAM

[CHECK OUT MORE RECIPES AT GARDENGOURMET.COM](https://www.gardengourmet.com)