



UCCOOK

Mini Rotis & Sweet Chilli Chicken

with a fresh salad

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Piekenierskloof | Grenache blanc 2024

Nutritional Info	Per 100g	Per Portion
Energy	454.1kJ	3291.2kJ
Energy	108.5kcal	786.5kcal
Protein	6.4g	46.3g
Carbs	11.8g	85.2g
of which sugars	4.9g	35.9g
Fibre	1.3g	9.4g
Fat	4g	29.2g
of which saturated	1.8g	13.4g
Sodium	178.4mg	1292.9mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Chicken Mini Fillets
1	1	Bell Pepper <i>rinse, deseed & cut into strips</i>
80ml	160ml	Creamy Sweet Chilli <i>(30ml [60ml] Thai Sweet Chilli Sauce & 50ml [100ml] Crème Fraîche)</i>
4	8	Rotis
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
100g	200g	Cucumber <i>rinse & roughly dice</i>
5ml	10ml	Dried Chilli Flakes
10ml	20ml	Lime Juice
20g	40g	Piquanté Peppers <i>drain</i>
5g	10g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water
Paper Towel

1. CHICKEN & PEPPERS Place a pan over high heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken and ½ of the bell pepper until the chicken is golden and cooked through, 2-3 minutes (shifting occasionally). Deglaze the pan with a splash of water and mix in the creamy sweet chilli. Remove from the pan and season.

2. TOAST Place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

3. FRESH SALAD In a salad bowl, combine the salad leaves, remaining bell pepper, cucumber, chilli flakes (to taste), lime juice, and seasoning.

4. TIME TO EAT Top each roti with the creamy chicken mixture, scatter over the piquanté peppers, and the crispy onion bits. Serve the fresh salad on the side and dig in, Chef!

Chef's Tip The deglazing technique lifts browned bits that stick to the pan into the sauce, making it richer and more delicious.