



UCOOK

Teriyaki Chicken & Tahini Coleslaw

with sushi rice, spring onion & fresh mint

Sweet and zesty collide with this teriyaki chicken and spicy tahini slaw. A bed of fluffy sushi rice cushions the crispy sticky chicken with crunchy slaw served alongside. Sprinkles of fresh mint and toasted sesame seeds round off this union magnificently. Moreish and painless!

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

 Easy Peasy

 Cavalli Estate | Black Beauty

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Ingredients & Prep

2	Free-range Chicken Pieces
100g	Sushi Rice
10ml	Mixed Sesame Seeds
15ml	Tahini
1	Lime <i>zested & cut into wedges</i>
100g	Shredded Cabbage & Julienne Carrot
1	Spring Onion <i>finely sliced</i>
3g	Fresh Mint <i>rinsed, picked & finely chopped</i>
1	Fresh Chilli <i>deseeded & finely chopped</i>
30ml	Teriyaki Sauce

From Your Kitchen

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

1. LET'S GET GOING Preheat the oven to 200°C. Place the chicken pieces on a roasting tray. Pat dry with some paper towel, coat in oil and season. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy.

2. RICE N' SHINE Rinse the rice under cold water until it runs clear - this prevents the rice from becoming stodgy. Place in a lidded pot, over medium-high heat with 250ml of fresh, salted water. Once boiling, reduce the heat and simmer for 15-20 minutes until the water has been absorbed and the rice is tender. On completion, remove from the heat and fluff up with a fork.

3. TOASTY SEEDS Place a pan on a medium heat with the sesame seeds. Dry toast until golden, about 3-5 minutes. Shift occasionally for even colouring.

4. CREAMY TAHINI SLAW In a small bowl whisk the tahini, a squeeze of lime juice to taste and 15ml water. In a separate bowl add the shredded cabbage and julienne carrot, spring onion, ½ of the chopped mint, lime zest and the tahini mixture. Add 1 tsp of olive oil and the chopped chilli to taste. Season and toss to combine. Set aside until serving.

5. STICKY CHICKEN Place a pan large enough for the chicken pieces over a medium heat with a drizzle of oil. When hot, add the teriyaki sauce and sweetener of choice to taste. Once slightly bubbling, add the cooked chicken pieces and toss until fully coated. Gently simmer for 3-4 minutes until slightly thickening. Remove from the heat with all the pan juices and set aside.

6. FUSION FEAST Make a bed of sushi rice, and top with the teriyaki chicken with all the pan juices. Serve alongside the tahini slaw. Sprinkle over the sesame seeds and remaining mint. Garnish with a lime wedge. Enjoy Chef!



Chef's Tip

If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!

Nutritional Information

Per 100g

Energy	799kJ
Energy	191Kcal
Protein	9.7g
Carbs	23g
of which sugars	2.5g
Fibre	1.7g
Fat	6.6g
of which saturated	1.5g
Sodium	314mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Alcohol, Soy

Cook
within 3
Days