Eat Within 3 Days

UCOOK

Strandveld's Creamy Satay Chicken

with pickled cucumber

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Strandveld Winery

Wine Pairing: Strandveld | Syrah

Nutritional Info	Per 100g	Per Portion
Energy	593kJ	3582kJ
Energy	142kcal	857kcal
Protein	8.3g	49.9g
Carbs	14g	87g
of which sugars	3g	18.3g
Fibre	1.2g	7.2g
Fat	5.7g	34.2g
of which saturated	3.2g	19.5g
Sodium	351mg	2120mg

Allergens: Sulphites, Shellfish, Fish, Peanuts, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Jasmine Rice *rinse*
120g	160g	Peas
45ml	60ml	Red Wine Vinegar
300g	400g	Cucumber *rinse & roughly dice*
60g	80g	Pickled Onions *drain & slice*
450g	600g	Free-range Chicken Mini Fillets
45ml	60ml	Spice & All Things Nice Thai Red Curry Paste
120ml	160ml	Satay mix *(67.5ml [90ml] Soy Sauce, 15ml [20ml] Lime Juice, 7.5ml [10ml] Fish Sauce & 15ml [20ml] Sugar)*
450ml	600ml	Coconut Milk
45ml	60ml	Peanut Butter
2	2	Fresh Chillies *rinse & slice*
15ml	20ml	Black Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey

1. PEAS & RICE Place the rice in a pot with 450ml [600ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat, toss through the peas and steam, 8-10 minutes. Fluff with a fork and cover.

2. QUICK PICKLE In a bowl, combine the vinegar, sweetener (to taste) and a splash of water. Toss through the cucumber and pickled onion. Set a side.

3. SO-GOOD SATAY SAUCE Place a pan over medium heat with a drizzle of oil. When hot, fry the chicken until golden, 3-4 minutes (shifting occasionally). Season. Remove from the pan and set aside. Return the pan to medium heat with a drizzle of oil. Fry the curry paste until fragrant, 1-2 minutes. Add the satay mix, coconut milk and 150ml [200ml] of water. Simmer until it has reduced slightly, 5-6 minutes (shifting occasionally). Mix through the peanut butter and chicken, and season well.

4. WHAT A GREAT PLATE Plate up the fluffy rice, topped with saucy satay chicken. Garnish with the chilli (to taste) and black sesame seeds. Side with the pickled cucumber and onion, and dinner is ready!