



# UCOOK

## Saucy Sweet Chilli Chicken

**with mashed potato & garlic green beans**

This meal will take you on a taste adventure, from sweet, salty, nutty, briney, and creamy. Your final destination will be pure culinary satisfaction once you've tasted the creamy potato mash, which sides golden chicken fillets coated in our very special Asian sauce. Finished with a serving of onion-laced garlic green beans and a sprinkling of toasted almonds.

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Morgan Otten

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 Quick & Easy

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 Paul Cluver | Village Pinot Noir 2022

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## Ingredients & Prep

200g	Potato
80g	Green Beans
20g	Fresh Ginger
1	Garlic Clove
1	Onion
10g	Almonds
150g	Free-range Chicken Mini Fillets
10ml	NOMU Poultry Rub
85ml	Asian Sweet Chilli Sauce <i>(30ml Sweet Chilli Sauce, 20ml Plum Sauce, 20ml Hoisin Sauce, 10ml Low Sodium Soy Sauce &amp; 5ml Apple Cider Vinegar)</i>
10ml	Lemon Juice

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Milk (optional)  
Paper Towel  
Butter (optional)

**1. COOKING 101** Rinse the potato and green beans. Peel and cut the rinsed potato into bite-sized pieces. Trim and cut the rinsed green beans in half. Peel and grate the ginger and the garlic. Peel and roughly slice ½ the onion. Roughly chop the almonds.

**2. MAKE THE MASH** Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

**3. GINGER CHICKEN** Pat the chicken dry with paper towel and place in a bowl. Toss with a drizzle of oil, seasoning, the NOMU rub, and ½ the grated ginger. Set aside.

**4. ALL THE ALMONDS** Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**5. GARLICKY GREEN BEANS** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced onion and the halved green beans until starting to char, 4-5 minutes (shifting constantly). In the final minute, mix through the grated garlic. Remove from the pan, season, and set aside.

**6. ADD THE ASIAN FLAVOURS** Return the pan to medium heat with a drizzle of oil. When hot, fry the seasoned chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside. Return the pan to medium heat with the Asian Sweet Chilli Sauce, the lemon juice (to taste), and the remaining grated ginger. Simmer until reduced and thickened, 2-3 minutes (stirring occasionally). Remove from the heat, season, toss through the cooked chicken until coated, and set aside.

**7. AND IT'S DONE!** Plate up the creamy mash and serve the sticky golden chicken alongside. Side with the garlic green beans. Finish with a scattering of toasted almonds.

## Nutritional Information

Per 100g

Energy	433kJ
Energy	103kcal
Protein	7.2g
Carbs	33g
of which sugars	7.1g
Fibre	2g
Fat	1.7g
of which saturated	0.3g
Sodium	302mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Sugar Alcohol (Xylitol), Soy

Cook  
within 3  
Days