



WCOOK

Honey-Ponzu Chicken

with a sweet ponzu dressing & roasted carrots

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Carb Conscious: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Painted Wolf Wines | The Den Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	467kJ	3095kJ
Energy	112kcal	741kcal
Protein	7.1g	47.3g
Carbs	10g	65g
of which sugars	5.2g	34.7g
Fibre	1.8g	11.8g
Fat	4.7g	31g
of which saturated	0.4g	2.9g
Sodium	46mg	305mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Fish, Tree Nuts, Soy

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
720g	960g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
30g	40g	Cashew Nuts <i>roughly chop</i>
150g	200g	Corn
150g	200g	Edamame Beans
75ml	100ml	Sweet Ponzu <i>(60ml [80ml] Ponzu Sauce & 15ml [20ml] Honey)</i>
75ml	100ml	Kewpie Mayo
8g	10g	Fresh Chives <i>rinse & finely slice</i>
3	4	Free-range Chicken Breasts
300g	400g	Fresh Pineapple Rings <i>drain</i>
15ml	20ml	White Sesame Seeds
60g	80g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Seasoning (salt & pepper)

1. ROAST CARROTS Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. NUTTY & GOLDEN Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CHAR THE CORN & EDAMAME Return the pan to medium-high heat with a drizzle of oil. Fry the corn until charred, 3-4 minutes (shifting occasionally). Season, remove from the pan, and set aside. Boil the kettle. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

4. PERFECT PONZU In a small bowl, combine the sweet ponzu with ½ the chives, a drizzle of olive oil, and seasoning. Set aside.

5. FRY THE CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. Fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

6. PINEAPPLE SALAD Place a clean pan over high heat. When hot, fry the pineapple until charred, 2-3 minutes per side. Remove from the pan, cut into bite-sized pieces, and place in a bowl. Toss with the sesame seeds, the edamame beans, the salad leaves, a drizzle of olive oil, and seasoning. Set aside.

7. LOOKING GOOD, CHEF! Make a bed of the roasted carrot and the charred corn. Top with the sliced chicken and serve the charred pineapple and sesame seed salad on the side. Drizzle over the sweet ponzu dressing. Garnish with the remaining chives and cashew nuts. Side with a dollop of mayo and tuck in, Chef!