

UCCOOK

Sticky Plum Chicken

with jasmine rice & spring onion

Come and indulge in some plum chicken, Chef! On a bed of fluffy jasmine rice lies golden, pan-roasted, Chinese 5-spice chicken, pickled cucumber, and fresh plum wedges, all drenched in a lime-infused hoisin sauce. Sprinkle over some spring onion greens & sesame seeds and you're done!

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Samantha du Toit

 Quick & Easy

 Vilafonté | Seriously old dirt 2021

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Ingredients & Prep

300g	Cucumber <i>rinse & thinly slice into rounds</i>
90ml	Rice Wine Vinegar
225ml	Jasmine Rice <i>rinse</i>
15ml	White Sesame Seeds
3	Free-range Chicken Breasts
15ml	Chinese 5-spice
3	Garlic Cloves <i>peel & grate</i>
150ml	Hoisin Sauce
1	Lime <i>rinse & cut into wedges</i>
3	Plums <i>rinse & cut into thin wedges, discarding the pip</i>
3	Spring Onions <i>rinse, trim & finely slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. PICKLED CUCUMBER In a bowl, combine the cucumber rounds, the vinegar, and 15ml of sweetener. Set aside to pickle. Drain just before serving.

2. FLUFFY RICE Place the rinsed rice in a pot with 450ml 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 and steam, 8-10 minutes. Fluff with a fork and cover.

3. TOASTED SEEDS Place the sesame seeds in a pan (with a lid) over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

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

5. ZESTY HOISIN SAUCE Return the pan to low heat with a drizzle of oil. When hot, fry the grated garlic until fragrant, 30-60 seconds. Add the hoisin sauce, 90ml of water, and a squeeze of lime juice. Simmer until heated through, 3-4 minutes.

6. SET THE TABLE Make a bed of jasmine rice. Top with the sliced chicken, the pickled cucumber, and the fresh plum wedges. Spoon over the hoisin sauce. Garnish with the sliced spring onion and the toasted sesame seeds. Serve any remaining lime wedges on the side. Well done, Chef!

Nutritional Information

Per 100g

Energy	508kJ
Energy	121kcal
Protein	7.9g
Carbs	19g
of which sugars	7.5g
Fibre	1.1g
Fat	1.5g
of which saturated	0.4g
Sodium	334.2mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Sugar Alcohol (Xylitol), Soy, Cow's Milk

Cook
within 3
Days