



UCCOOK

Sweet Chilli Chicken Bake

with sesame oil & a cabbage slaw

Let's get a 'yay' for this recipe, Chef! This fuss-free, pop-it-in-the-oven recipe features a sensational Thai sweet chilli & soy marinade, which forms a deliciously sticky coat around the oven-baked chicken. Complemented with fluffy basmati rice and a yoghurt-coated cabbage & carrot slaw.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jemimah Smith

 Fan Faves

 Neil Ellis Wines | Neil Ellis Groenekloof Syrah 2021

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Ingredients & Prep

100ml	Sweet Chilli Sauce <i>(60ml Thai Sweet Chilli Sauce & 40ml Sweet Indo Soy Sauce)</i>
10ml	NOMU Spanish Rub
1	Garlic Clove <i>peel & grate</i>
10g	Fresh Ginger <i>peel & grate</i>
2	Free-range Chicken Pieces
100ml	White Basmati Rice <i>rinse</i>
5ml	Black Sesame Seeds
100g	Cabbage <i>rinse & thinly slice</i>
120g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
50ml	Greek Yoghurt
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. SWEET CHILLI CHICKEN Preheat the oven to 200°C. In a bowl, combine the sweet chilli sauce, ½ the NOMU rub, the grated garlic & ginger, and a splash of water. Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Coat in oil, the remaining NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). In the final 5 minutes, add the sweet chilli marinade.

2. READY THE RICE Place the rinsed rice in a pot with 300ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

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

4. CREAMY CABBAGE SLAW In a bowl, combine the shredded cabbage, the carrot matchsticks, ½ the toasted seeds, the yoghurt, ½ the chopped parsley, and seasoning.

5. YUM FOR THE TUM Plate up the fluffy rice and top with the sticky chicken & all the tray juices. Side with the cabbage slaw. Scatter over the remaining seeds and parsley. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	680kJ
Energy	163kcal
Protein	8.7g
Carbs	55g
of which sugars	9.7g
Fibre	1.4g
Fat	4.3g
of which saturated	1.2g
Sodium	359mg

Allergens

Gluten, Allium, Sesame, Wheat, Soy,
Cow's Milk

Cook
within 3
Days