



# UCCOOK

## Vietnamese-style Chicken

with toasted peanuts

**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Megan Bure

**Wine Pairing:** Delheim Wines | Delheim Staying Alive Riesling

### Nutritional Info

	Per 100g	Per Portion
Energy	324kJ	1647kJ
Energy	77kcal	394kcal
Protein	8.8g	44.6g
Carbs	5g	25g
of which sugars	2g	10g
Fibre	1.5g	7.8g
Fat	2.4g	12.4g
of which saturated	0.5g	2.3g
Sodium	238mg	1210mg

**Allergens:** Cow's Milk, Allium, Peanuts, Fish, Shellfish

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
3g	5g	Fresh Coriander <i>rinse &amp; roughly chop</i>
1	1	Fresh Chilli <i>rinse, trim, deseed &amp; finely slice</i>
10g	20g	Fresh Ginger <i>peel &amp; grate</i>
1	1	Spring Onion <i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i>
30ml	60ml	Citrus Umami Blend <i>(20ml [40ml] Lime Juice &amp; 10ml [20ml] Fish Sauce)</i>
120g	120g	Carrot <i>rinse, trim &amp; peel into ribbons</i>
100g	200g	Cucumber <i>rinse &amp; cut into thin matchsticks</i>
40g	80g	Green Leaves <i>rinse &amp; shred</i>
15g	30g	Peanuts <i>roughly chop</i>
1	2	Free-range Chicken Breast/s
10ml	20ml	NOMU One For All Rub

## From Your Kitchen

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

**1. TANGY & TASTY** To a bowl, add ½ the coriander, the chilli (to taste), the ginger, the spring onion whites, the tangy dressing, a sweetener (to taste), a generous drizzle of olive oil and seasoning. Toss with the carrot, the cucumber and the salad leaves. Set aside.

**2. TOASTED PEANUTS** Place the peanuts in a pan (with a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. VIETNAMESE 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, 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 and the NOMU rub. Remove from the pan, reserving any pan juices, and rest for 5 minutes before slicing and seasoning.

**4. SENSATIONAL SALAD** Serve up the delicious dressed salad and top with the sliced chicken. Drizzle over any remaining dressing and pan juices. Garnish with the toasted peanuts, the remaining coriander, and the spring onion greens. Enjoy, Chef!