



# UCCOOK

## Crispy Chicken Dashi

with rice noodles & pickled ginger

Japanese cuisine at its finest! A Fragrant broth of pickled ginger, mushrooms and dashi is elevated to new taste-heights by a sriracha & tamari sauce.

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**Hands-On Time:** 20 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Jason Kosmas

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♥ Health Nut

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🍷 No paired wines

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## Ingredients & Prep

1	Onion <i>½ peeled &amp; finely sliced</i>
20g	Pickled Ginger <i>drained &amp; roughly chopped</i>
5g	Dashi Granules
50g	Button Mushrooms <i>wiped clean &amp; quartered</i>
85g	Flat Rice Noodles
10ml	Sriracha
15ml	Tamari
1	Free-range Chicken Breast
100g	Pak Choi <i>rinsed, trimmed &amp; halved lengthways</i>
1	Spring Onion <i>finely sliced</i>

## From Your Kitchen

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

**1. BUBBLING BROTH** Place a pot (large enough for the broth) over a medium heat with a drizzle of oil. When hot, fry the sliced onion and  $\frac{3}{4}$  of the chopped pickled ginger with some salt for 2-3 minutes until softened. Add 300ml of water and bring up to a gentle simmer. When simmering, add the dashi granules and dilute by stirring. Reduce to a low heat and simmer for 8-10 minutes until well developed in flavour.

**2. GOLDEN MUSHIES** Place a pan, with a lid, over a medium-high heat with a drizzle of oil. When hot, fry the quartered mushrooms for 4-5 minutes, shifting occasionally, until golden. On completion, remove from the pan and add to the broth.

**3. SILKY NOODLES** Boil the kettle. Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give them a stir, cover with a plate, and set aside to soak for 8-10 minutes until cooked through and glassy. Drain on completion and toss through some oil to prevent sticking. In a small bowl, combine the sriracha (to taste) with the tamari.

**4. TENDER CHICKEN** Pat the chicken breast dry with some paper towel. Return the pan to a medium-heat with a drizzle of oil, if necessary. When hot, fry the chicken breast for 5-7 minutes until crispy and golden. Flip, pop on the lid and cook for a further 4-6 minutes until cooked through. Turn occasionally to brown the sides as well, but keep the lid on. Remove from the pan and rest for at least 5 minutes before thinly slicing and lightly seasoning. When the broth has finished simmering, stir through the halved pak choi. Replace the lid and cook for a further 2-3 minutes until wilted.

**5. HEARTY BROTH DINNER!** Place the broth along with all the accompaniments and noodles into a bowl, and place the sliced chicken breast over the broth. Finish the dish off with the sliced spring onion, sriracha and tamari sauce (to your preference), and any reserved pickled ginger. Enjoy!



## Chef's Tip

The word "dashi" is often used to refer to a stock made from mild oceanic kombu (edible sheets of dried seaweed) and smoky katsuobushi, shavings of dried, smoked, and sometimes fermented skipjack tuna or bonito.

## Nutritional Information

Per 100g

Energy	459kJ
Energy	110Kcal
Protein	9g
Carbs	16g
of which sugars	1.5g
Fibre	1.1g
Fat	1.8g
of which saturated	0.8g
Sodium	297mg

## Allergens

Allium, Sulphites, Soy

Cook  
within 3  
Days