



U COOK

— COOKING MADE EASY

Easy Thai Red Chicken

**with fluffy quinoa, pickled bell peppers
& pak choi**

Don't let eating clean stop you from enjoying terrific textures and flirtatious flavours! Our oh-so-simple Thai curry boasts protein-rich quinoa and a classic coconut cream sauce. With fresh lime for a taste bud buzz and a vitamin C boost!

Hands-On Time: 35 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Samantha Finnegan



Health Nut

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Ingredients & Prep

400ml	White Quinoa
400g	Pak Choi
20ml	Chicken Stock
480g	Carrot <i>peeled & cut into bite-size chunks</i>
4	Garlic Clove <i>peeled & grated</i>
40ml	Thai Red Curry Paste
400ml	Coconut Cream
600g	Free-Range Chicken Mini Fillets
200g	Pickled Bell Peppers <i>drained & roughly chopped</i>
15g	Fresh Coriander <i>rinsed & roughly chopped</i>
2	Lime <i>cut into wedges</i>

From Your Kitchen

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

1. SIMMER THE QUINOA Rinse the quinoa and place in a pot. Submerge in 800ml of water and place over a medium-high heat (uncovered). Once simmering, cook for 12-15 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required during the cooking process. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

2. GET THE STOCK & PAK CHOI READY Boil the kettle. Trim the base off the pak choi, separate the leaves, and rinse well. Slice the green, leafy parts in half lengthways and set aside. Finely slice the stems, keeping them separate from the green leaves. Dilute the stock with 150ml of boiling water.

3. THE CURRY IS A GO! Place a large pot for the curry over a medium-high heat. When hot, fry the carrot chunks and pak choi stems for 4-5 minutes until softened and slightly browned, shifting regularly. Add the grated garlic and the curry paste (to taste). Fry for 30-60 seconds until fragrant, shifting constantly. Pour in the coconut cream and diluted stock, and stir until the paste has been incorporated into the liquid. Bring to a simmer and allow to cook for 7-10 minutes until slightly thickened.

4. POP IN THAT CHICKEN Rinse the chicken mini fillets to get rid of any residue from the packet and pat dry with some paper towel. Once thickened, fully submerge the chicken in the sauce. Pop on a lid and simmer for 7-8 minutes until the chicken is cooked through. In the final minute, stir through the pak choi leaves and chopped pickled peppers. Cook for the remaining time until the pak choi has wilted. Remove from the heat on completion and season with salt, pepper, and a sweetener of choice to taste.

5. DINNER IS SERVED Spoon some fragrant Thai red curry over a bed of fluffy quinoa. Garnish with the fresh, chopped coriander and finish off with a generous squeeze of lime. Well done, Chef!



Chef's Tip

Always add curry paste to your taste preference – you don't have to add it all! When the sauce is nearing completion, taste to test the spice levels and gradually add in any remaining curry paste if you'd like to increase the heat.

Nutritional Information

Per 100g

Energy	595kJ
Energy	142Kcal
Protein	7.4g
Carbs	13g
of which sugars	3g
Fibre	1.6g
Fat	7g
of which saturated	4.8g
Sodium	253mg

Allergens

Allium, Sulphites

Cook
within 3
Days