

Eat Within 3 Days

UCOOK

Mini Rotis & Sweet Chilli Chicken

with a fresh salad

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Piekenierskloof | Grenache blanc 2024

Nutritional Info	Per 100g	Per Portion
Energy	454kJ	3291kJ
Energy	109kcal	786kcal
Protein	6.4g	46.3g
Carbs	12g	85g
of which sugars	4.9g	35.9g
Fibre	1.3g	9.4g
Fat	4g	29.2g
of which saturated	1.8g	13.4g
Sodium	178mg	1293mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Free-range Chicken Mini Fillets
2	2	Bell Pepper *rinse, deseed & cut 1½ [2] into strips*
240ml	320ml	Creamy Sweet Chilli *(90ml [120ml] Thai Sweet Chilli Sauce & 150ml [200ml] Crème Fraîche)*
12	16	Cocktail Roti
60g	80g	Salad Leaves *rinse & roughly shred*
300g	400g	Cucumber *rinse & roughly dice*
15ml	20ml	Dried Chilli Flakes
30ml	40ml	Lime Juice
60g	80g	Piquanté Peppers *drain*
15g	20g	Crispy Onion Bits

From Your Kitchen

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

1. CHICKEN & PEPPERS Place a pan over high heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken and ½ of the bell pepper until the chicken is golden and cooked through, 3-4 minutes (shifting occasionally). You may need to do this step in batches. Deglaze the pan with a splash of water and mix in the creamy sweet chilli. Remove from the pan and season.

2. TOAST Place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

3. FRESH SALAD In a salad bowl, combine the salad leaves, remaining bell pepper, cucumber, chilli flakes (to taste), lime juice, and seasoning.

4. TIME TO EAT Top each roti with the creamy chicken mixture, scatter over the piquanté peppers, and the crispy onion bits. Serve the fresh salad on the side and dig in, Chef!