



UCOOK

Coconut-lime Chicken & Butter Bean Mash

with roasted pumpkin & fresh coriander

Smash out some unexpected mash with this recipe, where rich butter beans are used to create a silky puree. This is topped with juicy chicken that has soaked up a wonderfully aromatic broth of coconut cream, chicken stock, lime juice, garlic, ginger & chilli. Garnished with fresh coriander.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jemimah Smith

Carb Conscious

Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

250g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
150g	Free-range Chicken Mini Fillets
1	Onion <i>peel & roughly dice ½</i>
1	Garlic Clove <i>peel & grate</i>
10g	Fresh Ginger <i>peel & grate</i>
100ml	Coconut Cream
1	Chicken Stock Sachet
120g	Butter Beans <i>drain & rinse</i>
1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>
10ml	Lime Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Milk (optional)
Butter (optional)
Blender (optional)
Paper Towel

1. GOLDEN PUMPKIN Preheat the oven to 200°C. Spread the pumpkin pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. CHICKEN Boil the kettle. Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

3. COCONUT SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic and ginger and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the coconut cream, the chicken stock, and 100ml of boiling water. Simmer until reduced slightly, 5-6 minutes (shifting occasionally).

4. SILKY PURÉE Place a pot over medium-high heat with the rinsed beans and 40ml of milk (optional) or water. Once boiling, remove from the heat and stir in a drizzle of oil or a knob of butter. Place in a blender or mash with a fork until the desired consistency. If it's too thick, add a splash of milk (optional) or water. Season and cover to keep warm.

5. ADD MORE FLAVOUR Once the sauce is done, remove it from the heat and mix through the cooked chicken, the roasted pumpkin pieces, the sliced chilli (to taste), ½ the chopped coriander and the lime juice (to taste). Season and remove from the heat.

6. SERVE AND SAVOUR Make a bed of the butter bean mash and top with the coconut lime chicken. Garnish with the remaining coriander and chilli (if you want more heat).



Chef's Tip

Air fryer method: Coat the pumpkin pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	346kJ
Energy	83kcal
Protein	6g
Carbs	8g
of which sugars	2.3g
Fibre	1.8g
Fat	2.9g
of which saturated	2.1g
Sodium	153mg

Allergens

Allium, Sulphites

Eat
Within
3 Days