



UCCOOK

Vietnamese Caramelised Ginger Chicken

with cucumber salad & Asian slaw

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Tiisetso Maema

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	464kJ	3601kJ
Energy	111kcal	861kcal
Protein	6.7g	52.1g
Carbs	16g	124g
of which sugars	3.8g	29.8g
Fibre	1.7g	13.1g
Fat	2.4g	18.8g
of which saturated	0.4g	3.4g
Sodium	329mg	2559mg

Allergens: Sulphites, Shellfish, Fish, Gluten, Sesame, Tree Nuts, Wheat, Soya, Allium

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Jasmine Rice <i>rinse</i>
300g	400g	Cucumber <i>rinse & cut into bite-sized pieces</i>
3	4	Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
150ml	200ml	Cucumber Dressing <i>90ml [125ml] Soy Sauce, 45ml [60ml] Rice Wine Vinegar & 15ml [20ml] Sesame Oil</i>
15ml	20ml	White Sesame Seeds
225g	300g	Shredded Cabbage
2	2	Lemons <i>rinse & cut 1½ [2] into wedges</i>
3	4	Free-range Chicken Breasts
30g	40g	Fresh Ginger <i>peel & cut into matchsticks</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & finely chop</i>
45ml	60ml	Fish Sauce
60ml	80ml	Brown Sugar
45g	60g	Cashew Nuts

From Your Kitchen

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

1. STEAMING RICE Place the rice in a pot with 600ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. COOLING CUCUMBER In a bowl, combine the cucumber, ½ the spring onion greens, cucumber dressing, and ½ sesame seeds. Season and set to the side. In a separate bowl, combine the shredded cabbage, a drizzle of olive oil and a squeeze of lemon juice. Season and set aside.

3. FRAGRANT CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel and cut into bite sized pieces. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan, season, and set aside. Return the pan to medium heat with a drizzle of oil. When hot, fry the ginger, spring onion whites and fresh chilli until fragrant for 2-3 minutes. Then add the fish sauce, brown sugar and 150ml [200ml] of water. Allow this to simmer until the sauce is thick and sticky. Remove from the heat and season. Add back the chicken and any remaining juices, toss in the sauce until fully coated.

4. A PLATE TO BE PROUD OF Bowl up the jasmine rice, top with the caramel ginger chicken. Add the cucumber salad and Asian slaw alongside the rice and chicken. Garnish with the other ½ of the spring onion greens, cashew nuts and sesame seeds. Well done, Chef!

Chef's Tip Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.