



# UCOOK

## Bertha's Asian-style Chicken

**with a sweet ponzu dressing & roasted carrots**

This is a special one, Chef! Golden-roasted carrots, charred corn & peppers form a vibrant bed of veggies for succulent chicken fillet pieces. On the side, a refreshing salad featuring charred pineapple, blanched edamame, and poppy seeds adds a tropical twist. Drizzled with a sweet ponzu dressing, and garnished with coriander & toasted cashews.

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes


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**Serves:** 3 People

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**Chef:** Bertha Winery

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 Carb Conscious

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 No paired wines

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## Ingredients & Prep

720g	Carrot <i>rinsed, trimmed, peeled &amp; cut into bite-sized pieces</i>
30g	Cashew Nuts <i>roughly chopped</i>
2	Bell Peppers <i>rinsed, deseeded &amp; cut into strips</i>
150g	Corn
150g	Edamame Beans
165ml	Sweet Ponzu <i>(60ml Ponzu Sauce, 15ml Honey &amp; 90ml Kewpie Mayo)</i>
8g	Fresh Coriander <i>rinsed, picked &amp; finely chopped</i>
450g	Free-range Chicken Mini Fillets
300g	Pineapple Fingers
15ml	Poppy Seeds
60g	Green Leaves <i>rinsed &amp; roughly shredded</i>

## From Your Kitchen

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

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

**2. NUTTY & GOLDEN** Place the chopped cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. CORN & PEPS** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the pepper slices and the corn until charred, 4-6 minutes (shifting occasionally). Season, remove from the pan, and set aside.

**4. PLUMP THE EDAMAME** Boil the kettle. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

**5. PERFECT PONZU** In a small bowl, combine the sweet ponzu with ½ the chopped coriander, a drizzle of oil, and seasoning. Set aside.

**6. FRY THE CHICKEN** Return the pan to 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. You may need to do this step in batches. Remove from the pan, season, and set aside.

**7. PINEAPPLE & POPPY SALAD** Place a clean pan over high heat. When hot, fry the pineapple fingers until charred, 2-3 minutes per side. Remove from the pan, cut into bite-sized pieces, and place in a bowl. Toss with the poppy seeds, the blanched edamame beans, the shredded leaves, a drizzle of olive oil, and seasoning. Set aside.

**8. LOOKING GOOD, CHEF!** Make a bed of the mixed veg and roasted carrot pieces. Top with the golden chicken mini fillets and serve the charred pineapple & poppy seed salad on the side. Drizzle over the sweet ponzu dressing. Garnish with the remaining coriander and toasted cashew nuts.



## Chef's Tip

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

## Nutritional Information

Per 100g

Energy	411kJ
Energy	98kcal
Protein	5.7g
Carbs	9g
of which sugars	4.8g
Fibre	1.9g
Fat	2g
of which saturated	0.4g
Sodium	82mg

## Allergens

Egg, Gluten, Wheat, Sulphites, Fish, Tree Nuts, Soy

Cook  
within 3  
Days