



UCOOK

Satay Chicken Salad

with charred broccoli & fresh lime


On a bed of shredded leaves, charred broccoli & cucumber ribbons are topped with tender chicken mini fillets marinated in soy sauce, curry powder & cumin. Scattered with toasted peanuts & lashings of satay sauce. Garnished with chopped coriander & lime wedges on the side. You won't be able to satay away, Chef!

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Megan Bure

 Carb Conscious

 Waterkloof | Circumstance Viognier

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Ingredients & Prep

20ml	Low Sodium Soy Sauce
300g	Free-range Chicken Mini Fillets <i>patted dry</i>
15ml	Chicken Marinade <i>(10ml Medium Curry Powder & 5ml Ground Cumin)</i>
1	Lime <i>zested & cut into wedges</i>
1	Garlic Clove <i>peeled & grated</i>
20g	Peanuts <i>roughly chopped</i>
300g	Broccoli Florets <i>cut into bite-sized pieces</i>
90ml	Satay Sauce <i>(60ml Peanut Butter & 30ml Sweet Chilli Sauce)</i>
80g	Green Leaves <i>rinsed & roughly shredded</i>
200g	Cucumber <i>peeled into ribbons</i>
8g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)

1. CHICKY MARINADE Pour the soy sauce into a bowl and combine with the chicken mini fillets, the chicken marinade, lime zest (to taste), and grated garlic. Season and set aside.

2. TOASTED PEANUTS Place the chopped peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CHARRED BROCC Return the pan to medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the broccoli pieces until lightly charred, 5-6 minutes (shifting occasionally). Add a splash of water, cover, and simmer until al dente, 1-2 minutes. Remove from the pan and season.

4. SATAY SAUCE Place the satay sauce into a bowl with the juice from 2 lime wedges. Season and add water in 10ml increments until drizzling consistency. Set aside.

5. GOLDEN FRIED CHICKEN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the marinated 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.

6. SUPER SALAD Plate up the shredded leaves, charred broccoli, and cucumber ribbons. Top with the tender chicken mini fillets. Scatter the toasted peanuts over it all and finish with lashings of the satay sauce. Garnish with the chopped coriander and serve any remaining lime wedges on the side. Wow, Chef!

Nutritional Information

Per 100g

Energy	419kJ
Energy	100kcal
Protein	9.9g
Carbs	5g
of which sugars	1.2g
Fibre	2.4g
Fat	4.6g
of which saturated	0.9g
Sodium	128mg

Allergens

Gluten, Allium, Peanuts, Wheat, Sulphites, Sugar Alcohol (Xylitol), Soy

Cook
within 2
Days