



# UCCOOK

## Golden Chicken Bites & Millet

**with charred bell pepper & carrot**

Here's an interesting fact, Chef: Meatballs didn't originate in Italy but in ancient Persia (in the form of lamb koftas). Today you will enjoy these mouthwatering mouthfuls in a combo of chicken mince, onion & ginger. These are accompanied by veggie-loaded millet and umami-fied with a soy & sesame oil drizzle.

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure



Simple & Save



Waterford Estate | Waterford Pecan Stream  
Chenin Blanc

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## Ingredients & Prep

75ml	Millet
1	Onion <i>peel, finely dice ½ &amp; roughly slice ½</i>
1	Bell Pepper <i>rinse, deseed &amp; cut ½ into thin strips</i>
120g	Carrot <i>rinse, trim, peel &amp; cut into thin strips</i>
150g	Free-range Chicken Mince
10g	Fresh Ginger <i>peel &amp; grate</i>
20g	Green Leaves <i>rinse &amp; roughly shred</i>
15ml	Sesame Soy <i>(5ml Sesame Oil &amp; 10ml Low Sodium Soy Sauce)</i>

## From Your Kitchen

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

**1. MAKE THE MILLET** Place the millet in a pot over medium heat. Toast until fragrant, 1-3 minutes (shifting occasionally). Add 150ml of salted water and a drizzle of olive oil. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 10-12 minutes. Fluff with a fork and cover.

**2. COLOURFUL VEG** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sliced onion, the pepper strips, and the carrot strips until lightly charred, 4-5 minutes. Remove from the pan, place in a bowl, and season.

**3. FLAVOURBOMBS** In a separate bowl, combine the mince, the diced onion (to taste), the grated ginger, and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs. Return the pan, wiped down if necessary, to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the meatballs until browned and cooked through, 3-4 minutes (shifting occasionally). Remove from the pan.

**4. SOY GOOD** To the bowl with the charred veggies, mix in the fluffy millet, the shredded green leaves, a drizzle of olive oil, and seasoning. In a small bowl, combine the sesame soy with 10ml of water.

**5. GET SOME DIN DIN** Plate up the loaded millet salad, top with the golden chicken bites, and drizzle over the sesame soy dressing. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	420kj
Energy	100kcal
Protein	6g
Carbs	12g
of which sugars	2.2g
Fibre	2.1g
Fat	3.3g
of which saturated	0.7g
Sodium	87mg

## Allergens

Gluten, Allium, Sesame, Wheat, Soy

Cook  
within 1  
Day