



# UCCOOK

## Lemongrass Chicken Bowl

with coconut rice

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Jenna Peoples

**Wine Pairing:** Creation Wines | Creation Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	519kJ	2891kJ
Energy	124kcal	691kcal
Protein	7.7g	43g
Carbs	16g	89g
of which sugars	1.2g	6.4g
Fibre	0.7g	3.8g
Fat	3.1g	17.2g
of which saturated	2.2g	12g
Sodium	229mg	1273mg

**Allergens:** Soya, Gluten, Allium, Wheat, Sulphites, Fish, Shellfish

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Jasmine Rice <i>rinse</i>
100ml	200ml	Coconut Milk
3g	5g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>
15ml	30ml	Lemon Juice
100g	200g	Cucumber <i>rinse &amp; cut into half-moons</i>
1 stick	1 stick	Lemongrass
20ml	40ml	Vietnamese Sauce <i>(7,5 [15ml] Fish Sauce, 10ml [20ml] Low Sodium Soy Sauce &amp; 2,5ml [5ml] Rice Wine Vinegar)</i>
150g	300g	Free-range Chicken Mini Fillets
75g	150g	Sliced Onions

## From Your Kitchen

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

- 1. COCONUT RICE** Place the rice in a pot with 200ml [400ml] of salted water and ½ of the coconut milk. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Add ½ of the coriander, fluff with a fork and cover.
- 2. PICKLE & INFUSE** In a small bowl, add the lemon juice and 5ml [10ml] of a sweetener. Mix to dissolve the sweetener and add the cucumber. Set aside. Trim off the very top and the base of the lemongrass, then peel away the tough outer layers. Use a rolling pin or cleaver to lightly crush the lemongrass, slice it in half lengthways, then finely dice. Add the lemongrass to a small bowl, along with the Vietnamese sauce and a sweetener (to taste).
- 3. VIETNAMESE CHICKEN** 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. Return the pan to medium heat. Fry the onion until golden, 4-5 minutes (shifting occasionally). Return the chicken to the pan, along with the Vietnamese sauce and the remaining coconut milk. Season and allow it to simmer until it has reduced slightly, 4-5 minutes (shifting occasionally).
- 4. A NEW CULINARY ADVENTURE** Plate up the coconut rice, topped with the Vietnamese chicken and sided with the pickled cucumber. Garnish with the remaining coriander. And that's a wrap, Chef!