



UCCOOK

Tangy Mongolian Chicken & Rice

with edamame beans & fresh chives

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Sophie Germanier Organic | Chardonnay Organic

Nutritional Info

	Per 100g	Per Portion
Energy	828kJ	2980kJ
Energy	198kcal	713kcal
Protein	13g	46.8g
Carbs	29g	103g
of which sugars	2.9g	10.4g
Fibre	1.3g	4.7g
Fat	3.1g	11.3g
of which saturated	0.5g	1.8g
Sodium	163mg	588mg

Allergens: Sulphites, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Jasmine Rice
50g	100g	Edamame Beans
1	2	Free-range Chicken Breast/s
30ml	60ml	Spice Mix <i>(25ml [50ml] Cornflour, 2.5ml [5ml] Dried Chilli Flakes & 2.5ml [5ml] Chinese 5-Spice)</i>
1	2	Garlic Clove/s
10g	20g	Fresh Ginger
25ml	50ml	Indo-Sesame <i>10ml [20ml] Sweet Indo Soy Sauce, 5ml [10ml] Sesame Oil & 10ml [20ml] Rice Wine Vinegar</i>
3g	5g	Fresh Chives

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. RICE Rinse the rice and place it in a pot with 200ml [400ml] 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, mix through the edamame beans, and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. CHICKEN Place a pan over medium heat with enough oil to cover the base. Pat the chicken dry with paper towel and cut into 1cm chunks. Coat in the spice mix and season. When the oil is hot, fry the chicken until cooked through, 1-2 minutes per side. Remove from the pan and drain on paper towel.

3. SAUCE Peel and grate the garlic and the ginger. Return the pan to medium heat with a drizzle of oil. When hot, fry the garlic and the ginger until fragrant, 1-2 minutes. Mix in the Indo-Sesame sauce and 50ml [100ml] of water. Simmer until slightly reduced, 2-3 minutes. Mix in the golden chicken pieces and remove from the heat. While the sauce is simmering, rinse and finely chop the chives.

4. DINNER IS READY Dish up the rice, top with the chicken, and all the sauce. Garnish with the fresh chives and dig in, Chef!