



UCCOOK

Sticky Soy Chicken Dashi Broth

with mushrooms & edamame beans

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Creation Wines | Creation Sauvignon
Blanc/Semillon

Nutritional Info

	Per 100g	Per Portion
Energy	653kJ	3248kJ
Energy	156kcal	777kcal
Protein	10.4g	51.6g
Carbs	21g	102g
of which sugars	5.7g	28.5g
Fibre	1.6g	7.9g
Fat	3.4g	16.7g
of which saturated	0.5g	2.6g
Sodium	378mg	1880mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Jasmine Rice <i>rinse</i>
50g	100g	Edamame Beans
10ml	20ml	Dashi Stock Granules
125g	250g	Button Mushrooms <i>wipe clean & cut into quarters</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
1	2	Garlic Clove/s <i>peel & grate</i>
1	2	Free-range Chicken Breast/s
10ml	20ml	Cornflour
40ml	80ml	Sweet Sesame Soy <i>(10ml [20ml] Sesame Oil, 10ml [20ml] Sugar & 20ml [40ml] Indo Soy Sauce)</i>
5ml	10ml	Sesame & Chilli <i>(2.5ml [5ml] Chilli Flakes & 2.5ml [5ml] Sesame Seeds)</i>
1	2	Spring Onion/s <i>rinse, trim & finely slice</i>
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. RICE & EDAMAME Place the rice in a pot with 150ml [300ml] 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 in the edamame beans, and steam for 8-10 minutes. Fluff with a fork and cover.

2. DILUTE & FRY Boil the kettle. Dilute the dashi with 300ml [600ml] of boiling water. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mushrooms until golden, 5-6 minutes (shifting occasionally). Add the ginger and garlic, and fry until fragrant, 1-2 minutes.

3. DASHI BROTH Add the diluted dashi to the pan with the mushrooms and gently simmer until slightly reduced, 10-12 minutes. Remove from the pan and season (to taste).

4. STICKY CHICKEN Place a pan over medium-high heat with a drizzle of oil. Pat the chicken dry with paper towel and cut into cubes. Coat the chicken with the cornflour. When hot, fry the chicken until golden and cooked through, 3-4 minutes (shifting occasionally). Mix in the sweet sesame soy and cook until the chicken is coated and glossy, 2-3 minutes. Remove from the pan.

5. TIME TO EAT Bowl up the rice and pour the loaded dashi broth over. Top with the sticky chicken and sprinkle over the sesame and chilli. Garnish with the spring onion/s and coriander. Enjoy, Chef!