



WCOOK

Tangy Mongolian Chicken & Rice

with edamame beans & fresh chives

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Simple & Save: Serves 3 & 4

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 3	[Serves 4]	
300ml	400ml	Jasmine Rice
150g	200g	Edamame Beans
3	4	Free-range Chicken Breasts
90ml	120ml	Spice Mix <i>75ml [100ml] Cornflour, 7.5ml [10ml] Dried Chilli Flakes & 7.5ml [10ml]- Chinese 5-Spice</i>
3	4	Garlic Cloves
30g	40g	Fresh Ginger
75ml	100ml	Indo-Sesame <i>30ml [40ml] Sweet Indo Soy Sauce, 15ml [20ml] Sesame Oil & 30ml [40ml] Rice Wine Vinegar</i>
8g	10g	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 600ml [800ml] 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 150ml [200ml] of water. Simmer until slightly reduced, 3-4 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!