



UCOOK

Sticky Soy Chicken

with baby carrots, lemon & leeks

Who doesn't like crispy chicken skin and tender, moist chicken meat? Add a sweet-savoury sauce to the mix, with fragrant rice and fresh vegetables, and you've got a delish dish for dinner!


Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Megan Bure

 Quick & Easy

 Creation Wines | Creation Pinot Noir

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Ingredients & Prep

8	Free-range Chicken Pieces
400g	Leeks <i>trimmed at the base, rinsed well & roughly sliced</i>
400ml	Jasmine Rice <i>rinsed</i>
1 Sachet	Chicken Stock
4	Garlic Cloves
40ml	Balsamic Vinegar
40ml	Coconut Sugar
80ml	Low Sodium Soy Sauce
2	Lemons
4	Spring Onions
480g	Baby Carrots <i>rinsed, trimmed & quartered lengthwise</i>
40ml	Black Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Sugar/Sweetener/Honey

1. CRISP UP THE CHICKEN Preheat the oven to 200°C. Pat the chicken pieces dry with paper towel and place on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes.

2. STEAMED SAVOURY RICE While the chicken is roasting, place a pot over medium-high heat with a drizzle of oil. When hot, add the sliced leeks and fry until golden, 4-5 minutes (shifting occasionally). Add the rinsed rice, the stock, and 800ml of salted water. Cover with a lid and bring to the boil. Reduce the heat and simmer until the water has been absorbed, 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

3. SOY DELICIOUS While the rice is simmering, peel and grate the garlic. In a bowl, combine the balsamic vinegar, the coconut sugar, the soy sauce, the grated garlic and a drizzle of oil. Set aside.

4. A SOUR-SWEET TASTE SENSATION When the chicken has 8-10 minutes remaining, pour the balsamic-soy sauce over the chicken and roast for the remaining time. Cut the lemons into wedges and finely slice the spring onion. Set aside. In a bowl, add the quartered baby carrots, a drizzle of oil, seasoning, a sweetener of choice (to taste), the juice from 4 lemon wedges, and ½ the sesame seeds.

5. FINGER-LICIOUS DELICIOUS! Plate up the leeks & rice. Side with the sticky chicken and the carrot salad. Sprinkle over the remaining sesame seeds and the spring onion slices. Garnish with a lemon wedge. Great work, Chef!



Chef's Tip

Toast the sesame seeds in a pan over a medium heat until fragrant, 2-3 minutes.

Nutritional Information

Per 100g

Energy	607kJ
Energy	145kcal
Protein	9.1g
Carbs	16g
of which sugars	3.6g
Fibre	1.5g
Fat	5g
of which saturated	1.3g
Sodium	282.9mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within 3
Days