



WCOOK

Chinese Char Siu Chicken

with piquanté peppers & baby corn

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Ropafadzo Zengeni

Wine Pairing: Muratie Wine Estate | Muratie Laurens
Campher Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	372kJ	2292kJ
Energy	89kcal	548kcal
Protein	6.7g	41.4g
Carbs	12g	73g
of which sugars	8.1g	49.8g
Fibre	0.9g	5.5g
Fat	1.9g	12g
of which saturated	0.4g	2.5g
Sodium	369mg	2274mg

Allergens: Sulphites, Egg, Gluten, Sesame, Sugar
Alcohol (Sweetener), Wheat, Soya, Allium

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Free-range Chicken Mini Fillets
180ml	240ml	Marinade (90ml [120ml] Hoisin Sauce, 30ml [40ml] Tamari Sauce, 30ml [40ml] Honey & 30ml [40ml] Sriracha)
300g	400g	Cucumber
90ml	120ml	Vinegar & Sesame (75ml [100ml] Vinegar & 15ml [20ml] Sesame Oil)
180g	240g	Fresh Egg Noodles
200g	200g	Baby Corn
225g	300g	Julienne Carrots
90g	120g	Piquanté Peppers
30ml	40ml	Sesame Seed Mix (15ml [20ml] Chilli Flakes & 15ml [20ml] Sesame Seeds)

From Your Kitchen

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

1. MARINATE Pat the chicken dry with paper towel and season. Coat with ½ of the marinade and set aside to marinate in the fridge.

2. SMASHED CUCUMBER Rinse the cucumber. Using a rolling pin or bottle, smash the cucumber, slice into bite-sized pieces, and add to a bowl. Mix in the vinegar & sesame, seasoning, and toss to coat.

3. NOODLES Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

4. CHARRED CHICKEN Place a pan or wok over medium-high heat with a drizzle of oil. When hot, fry the chicken until charred but not cooked through, 1-2 minutes per side. Remove from the pan.

5. ALL TOGETHER Rinse the baby corn and cut in half. Return the pan to medium heat with a drizzle of oil. Fry the corn until lightly charred but still crunchy, 4-6 minutes (shifting occasionally). Add the carrots, noodles, chicken, remaining marinade, and a splash of water. Cook until the chicken is cooked through and the mixture is glossy, 5-6 minutes. Remove from the heat and season (to taste).

6. DINNER IS READY Bowl up the loaded stir-fry, top with a scatter of the peppers, and side with the smashed cucumber. Finish with a sprinkle of the sesame seed mix over the cucumber and dig in, Chef!