



WCOOK

Tamarind Chicken & Coconut Quinoa

with edamame beans, carrot, cashew nuts, & sesame seeds

Hands-on Time: 45 minutes

Overall Time: 65 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	604kJ	4873kJ
Energy	144kcal	1165kcal
Protein	8.5g	68.4g
Carbs	12g	98g
of which sugars	3.3g	26.7g
Fibre	1.9g	15g
Fat	6.9g	56g
of which saturated	2.6g	20.8g
Sodium	89mg	717mg

Allergens: Allium, Sesame, Sulphites, Sugar Alcohol (Xylitol), Tree Nuts, Soy

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6	8	Free-range Chicken Pieces
150ml	200ml	Tamarind Glaze (60ml [80ml] The Sauce Queen Smokey BBQ Sauce & 90ml [120ml] Colleen's Handmade Tamarind Chilli Sauce)
360g	480g	Carrot <i>rinse, trim & cut into bite-sized pieces on the diagonal</i>
2	2	Onions <i>peel & roughly slice</i>
30ml	40ml	NOMU Oriental Rub
225ml	300ml	Quinoa <i>rinse</i>
300ml	400ml	Coconut Milk
120g	160g	Edamame Beans
60g	80g	Spinach <i>rinse</i>
30ml	40ml	Lime Juice
30g	40g	Cashew Nuts <i>roughly chop</i>
15ml	20ml	Black Sesame Seeds

From Your Kitchen

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

1. CHICKEN Preheat the oven to 200°C. Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Coat in oil and seasoning. Roast in the oven until golden, 30-35 minutes (shifting halfway). In the final 3-5 minutes, glaze with the tamarind glaze. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. VEGGIES Place a pot over medium heat with a drizzle of oil. When hot, fry the onion, and the carrot until turning golden, 6-7 minutes. Add the NOMU rub and fry until fragrant, 1-2 minutes.

3. QUINOA Add the quinoa, the coconut milk, and a pinch of salt to the pot. Mix in 250ml [300ml] of water. Cover and bring to a boil. Reduce the heat and simmer until the tails have popped out, 20-25 minutes. Remove from the heat, mix in the spinach, the edamame beans, and the lime juice. Set aside to steam, about 5 minutes.

4. TOAST While the quinoa is on the go, place the nuts in a pan over medium heat. Toast until golden, 2-4 minutes (shifting occasionally). Remove from the pan.

5. DINNER IS READY Make a bed of the quinoa, top with the chicken and any pan juices. Sprinkle over the sesame seeds and scatter over the nuts. Enjoy, Chef!

Chef's Tip To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.