



# UCOOK

## Vietnamese Chicken & Fried Quinoa Slaw

with a zingy marinade & spinach

We love that Vietnamese cuisine embraces big, bright, and dazzling flavours. This Vietnamese-inspired marinade certainly is a good example; packed with fish sauce, honey, lime zest and chillies, it hits all the right notes. As it thickly coats the chicken it has a major flavour impact in a short amount of time. Served with a nourishing fried quinoa slaw – hello protein!

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**Hands-On Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Ella Nasser

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♥ Health Nut

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🍷 Haute Cabrière | Pinot Noir Rosé

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## Ingredients & Prep

|      |                                                                                    |
|------|------------------------------------------------------------------------------------|
| 75ml | White Quinoa                                                                       |
| 1    | Fresh Chilli<br><i>finely chopped</i>                                              |
| 1    | Garlic Clove<br><i>peeled &amp; grated</i>                                         |
| 1    | Lime<br><i>½ zested &amp; cut into wedges</i>                                      |
| 30ml | Honey                                                                              |
| 15ml | Fish Sauce                                                                         |
| 1    | Free-range Chicken Breast                                                          |
| 1    | Spring Onion<br><i>finely sliced, keeping the white &amp; green parts separate</i> |
| 100g | Shredded Cabbage & Julienne Carrot                                                 |
| 40g  | Spinach<br><i>rinsed</i>                                                           |
| 3g   | Fresh Mint<br><i>rinsed, picked &amp; finely chopped</i>                           |
| 3g   | Fresh Coriander<br><i>rinsed &amp; finely chopped</i>                              |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter (optional)

**1. GET YOUR GRAIN ON!** Rinse the quinoa and place in a pot. Submerge in 200ml of salted water and place over a medium-high heat. Pop on a lid and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out, adding more water if required during cooking. On completion, drain if necessary and return to the pot. Replace the lid and allow it to stand off the heat for at least 5 minutes.

**2. MARINATION STATION** In a bowl combine the chopped chillies (seeds and all if you can handle the heat!), grated garlic, lime zest, honey, 1 tbsp oil and the fish sauce. Mix well and season. Pat the chicken dry with a paper towel and add to the bowl. Turn as needed to coat completely. Let sit for at least 10 minutes.

**3. VEG IT UP** When the quinoa is at the halfway mark, place a pan over a medium heat with a generous drizzle of oil. When hot, sauté the white spring onion slices for 1-2 minutes until softened, shifting occasionally. Add the shredded slaw and ½ the rinsed spinach and fry for 1-2 minutes until slightly wilted but still crunchy.

**4. SLAW TIME** Once the quinoa is cooked, add to the pan of vegetables and toss to combine. Fry for 1-2 minutes and remove from the heat. Add in ½ chopped mint, coriander and juice from 1 lime wedge. Season and set aside.

**5. LASTLY...** Place a pan over a high-heat with a drizzle of oil. When the pan is hot, fry the chicken for about 5-6 minutes per side until browned. During the final 1-2 minutes add the remaining marinade and a knob of butter (optional) to baste and glaze the chicken breast. Remove from the heat on completion, reserving the pan glaze, and set aside to rest for 5 minutes before slicing and seasoning.

**6. LET'S CLUCK & ROLL** Make a bed of remaining fresh spinach and top with the fried quinoa slaw, serve the sliced Vietnamese-marinated chicken alongside it and pour over the remaining pan glaze. Garnish with the remaining chopped coriander, mint and green spring onion slices. Serve any remaining lime wedges on the side.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 583kj   |
| Energy             | 139Kcal |
| Protein            | 10.5g   |
| Carbs              | 20g     |
| of which sugars    | 9.3g    |
| Fibre              | 2g      |
| Fat                | 1.9g    |
| of which saturated | 0.3g    |
| Sodium             | 286mg   |

## Allergens

Allium, Fish

Cook  
within 3  
Days