

UCCOOK

Honey Sriracha Chicken

with broccoli & red quinoa

Hands-on Time: 30 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	336kJ	2014kJ
Energy	80kcal	482kcal
Protein	8.2g	49.4g
Carbs	10g	57g
of which sugars	3g	16g
Fibre	2g	13g
Fat	1.3g	7.7g
of which saturated	0.3g	2g
Sodium	79.6mg	477.9mg

Allergens: Cow's Milk, Soya, Gluten, Allium, Wheat, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
90ml	125ml	Quinoa <i>rinse</i>
450g	600g	Broccoli Florets <i>rinse & cut into bite-sized pieces</i>
225g	300g	Shredded Cabbage & Julienne Carrots
1	1	Lemon <i>cut into wedges</i>
450g	600g	Free-range Chicken Mini Fillets
195ml	260ml	Sweet Sriracha <i>(7,5ml [10ml] Low Sodium Soy Sauce, 22,5ml [30ml] Sriracha Sauce, 15ml [20ml] Honey & 150ml [200ml] Low Fat Plain Yoghurt)</i>
15ml	20ml	NOMU One For All Rub
8g	10g	Fresh Coriander <i>rinse & roughly chop</i>

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. KEEN ON QUINOA Place the quinoa in a pot with 300ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. ROCK WITH THE BROCC Place a pan (with a lid) over medium heat. When hot, add the broccoli and 150ml [200ml] of water. Quickly close the lid and allow the broccoli to steam until al dente, 4-5 minutes. Remove the lid and add the cabbage and carrot mix. Fry until the cabbage has wilted but is still crunchy, 2-3 minutes. When the quinoa is finished, add the broccoli to the quinoa, along with the juice of 3 [4] lemon wedges. Toss to combine and season. Set aside.

3. SWEET SRIRACHA In a small bowl, mix the sweet sriracha sauce with ½ the coriander and seasoning. Set aside.

4. SUPERB CHICKEN Place a pan over medium heat, with some cooking spray. Pat the chicken dry with paper towel and lightly season it. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the heat and stir through the NOMU rub and the sweet sriracha sauce.

5. SIMPLY WOW! Plate up the loaded quinoa. Top it with the sriracha chicken and a squeeze of lemon juice. Finish your dinner off with a sprinkle of the remaining coriander. Yum Chef, tuck in!