



# UCOOK

## Golden Coconut Chicken & Basmati Rice

with pak choi, edamame beans & toasted  
coconut flakes

The solution to a long day? A quick dinner packed with delicious flavour, Chef! The foundation is a bed of fluffy rice, which is topped with golden chicken strips elevated with pak choi, edamame beans, garlic, ginger, and a turmeric spice mix. All of this is coated in creamy coconut milk and finished with toasted coconut flakes.

---

**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

---

**Serves:** 4 People


---

**Chef:** Jason Johnson

---

 Quick & Easy

---

 Creation Wines | Creation  
Viognier/Roussanne

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

---

400ml	White Basmati Rice
600g	Pak Choi
2	Garlic Cloves
80g	Fresh Ginger
10g	Fresh Coriander
4	Free-range Chicken Breasts
80ml	Turmeric Mix <i>(20ml Ground Turmeric &amp; 60ml NOMU Oriental Rub)</i>
800ml	Coconut Milk
200g	Edamame Beans
40g	Toasted Coconut Flakes

## From Your Kitchen

---

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel

**1. RICE** Rinse the rice and place in a pot with 800ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. PREP** Trim the pak choi at the base and rinse. Roughly slice the stems and cut the leaves in half lengthways. Peel and grate the garlic and the ginger. Rinse, pick, and roughly chop the coriander. Pat the chicken dry with paper towel and cut into 1cm strips.

**3. GOLDEN CHICKEN** Place a pan over high-heat with a drizzle of oil. When hot, fry the chicken strips until golden but not cooked through, 30-60 seconds per side. You may need to do this step in batches. Remove from the pan.

**4. TURMERIC CHICKEN** Return the pan to medium heat with a drizzle of oil. When hot, fry the pak choi stems, the grated garlic, and the grated ginger until fragrant, 2-3 minutes. Add the turmeric mix and fry until fragrant, 1-2 minutes. Mix in the coconut milk and simmer until slightly reduced, 5-6 minutes. In the final 1-2 minutes, add the golden chicken, the edamame beans, and the pak choi leaves. Remove from the heat and season.

**5. DINNER IS READY** Make a bed of the fluffy rice, and top with the loaded turmeric chicken and all the sauce. Sprinkle over the chopped coriander and garnish with a sprinkle of the toasted coconut flakes.

## Nutritional Information

---

Per 100g

Energy	578kJ
Energy	138kcal
Protein	7.6g
Carbs	14g
of which sugars	1.2g
Fibre	1.5g
Fat	6g
of which saturated	4.7g
Sodium	114mg

---

## Allergens

Allium, Sesame, Sulphites, Soy

Cook  
within 3  
Days