



WCOOK

Tamarind Chicken & Coconut Quinoa

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

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 1 & 2

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 1 | [Serves 2] | |
|----------|------------|--|
| 2 | 4 | Free-range Chicken Pieces |
| 50ml | 100ml | Tamarind Glaze <i>(20ml [40ml] The Sauce Queen Smokey BBQ Sauce & 30ml [60ml] Colleen's Handmade Tamarind Chilli Sauce)</i> |
| 120g | 240g | Carrot <i>rinse, trim & cut into bite-sized pieces on the diagonal</i> |
| 1 | 1 | Onion <i>peel & roughly slice</i> |
| 10ml | 20ml | NOMU Oriental Rub |
| 75ml | 150ml | Quinoa <i>rinse</i> |
| 100ml | 200ml | Coconut Milk |
| 40g | 80g | Edamame Beans |
| 20g | 40g | Spinach <i>rinse</i> |
| 10ml | 20ml | Lime Juice |
| 10g | 20g | Cashew Nuts <i>roughly chop</i> |
| 5ml | 10ml | 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, 25-30 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, 5-6 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 80ml [160ml] 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.