



UCCOOK

Thai Chicken Skewers

with peanuts & a charred broccoli salad

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Caitlin Swanepoel

Wine Pairing: Painted Wolf Wines | The Den Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	347kJ	2370kJ
Energy	83kcal	567kcal
Protein	7.1g	48.5g
Carbs	6g	41g
of which sugars	2.3g	15.6g
Fibre	1.7g	11.3g
Fat	3.3g	22.5g
of which saturated	1.9g	12.9g
Sodium	192mg	1308mg

Allergens: Gluten, Allium, Peanuts, Wheat, Sulphites, Fish, Soy, Shellfish

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Peanuts <i>roughly chop</i>
1	1	Onion <i>peel & cut into wedges</i>
150g	300g	Broccoli Florets <i>rinse & cut into bite-sized pieces</i>
1	2	Free-range Chicken Breast/s <i>pat dry & cut into bite-sized pieces</i>
2	4	Wooden Skewers
10ml	20ml	Spice & All Things Nice Thai Red Curry Paste
100ml	200ml	Coconut Milk
25ml	50ml	Thai Sauce <i>(5ml [10ml] Fish Sauce, 10ml [20ml] Lime Juice & 10ml [20ml] Low Sodium Soy Sauce)</i>
75g	150g	Shredded Cabbage & Julienne Carrots
20g	40g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)

1. TOASTED PEANUTS Place the peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. ONION & BROCCOLI Return the pan to medium-high heat with a drizzle of oil or a knob of butter. When hot, fry ½ the onion petals until charred and softening, 4-5 minutes. Add the broccoli and fry until lightly charred, 5-6 minutes (shifting occasionally). Add a splash of water, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan, place into a bowl and season.

3. SUPERB SKEWERS Coat the chicken and the remaining onion petals in oil, and seasoning. Thread them onto the skewers. Repeat until all the skewers are filled and make sure all the chicken is threaded on the skewers.

4. FRY FOR FLAVOUR Return the pan to medium-high heat with a drizzle of oil. Fry the chicken skewers until lightly charred and the chicken is cooked through, 5-6 minutes (shifting as they colour). Remove from the pan and set aside to rest.

5. TO THAI FOR Return the pan to medium-high heat with a drizzle of oil (if necessary). Add the curry paste and fry until fragrant, 30-60 seconds (shifting constantly). Remove from the heat and pour in ¾ of the coconut milk, a sweetener (to taste), and the Thai sauce.

6. FRESH SALAD To the bowl with the broccoli, add the leaves, ½ the toasted peanuts, and the shredded cabbage and carrot. Toss with the remaining coconut milk, a drizzle of oil and add seasoning. Set aside.

7. TASTY THAI FOOD Plate up the dressed broccoli & cabbage salad. Serve the golden chicken skewers on top, drizzled with the Thai coconut sauce. Scatter over the remaining peanuts and dig in, Chef!