

UCCOOK

Waterkloof's Sweet Chilli Chicken

with charred broccoli & mashed potato

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Waterkloof Wine Farm

Wine Pairing: Waterkloof | Revenant Wild Ferment
Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	430kj	3097kj
Energy	103kcal	741kcal
Protein	7g	50.7g
Carbs	15g	109g
of which sugars	6.6g	47.2g
Fibre	2.1g	15g
Fat	1.5g	11.1g
of which saturated	0.3g	2g
Sodium	285mg	2055mg

Allergens: Sulphites, Gluten, Sesame, Tree Nuts, Sugar
Alcohol (Sweetener), Wheat, Cow's Milk,
Soya, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Potato Chunks
100g	200g	Broccoli Florets <i>rinse</i>
75g	75g	Sliced Onion
20g	40g	Fresh Ginger
1	1	Garlic Clove
80ml	160ml	Asian Sweet Chilli Sauce <i>(25ml [50ml] Sweet Chilli Sauce, 20ml [40ml] Plum Sauce, 20ml [40ml] Hoisin Sauce, 10ml [20ml] Soy Sauce & 5ml [10ml] Vinegar)</i>
150g	300g	Free-range Chicken Mini Filletts
10ml	20ml	NOMU Poultry Rub
10ml	20ml	Lemon Juice
10g	20g	Almonds <i>roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Milk (optional)

Butter

1. MASH Place the potato in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. BROCCOLI Place a pan over medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the broccoli and the onion 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 and season.

3. GINGER CHICKEN Rinse and grate the ginger and garlic. Combine with the Asian sweet chilli sauce. Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel and coat with the NOMU rub. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. In the final 1-2 minutes, baste with the chilli sauce mixture, and remove from the heat.

4. DINNER IS READY Dish up the mash, side with the sweet chilli chicken, and charred broccoli. Drizzle over the lemon juice (to taste) and garnish with the nuts. Dig in, Chef!

Chef's Tip Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.