



UCOOK

Sweet Citrus Soy Chicken & Rice Bowls

with cucumber ribbons & crispy wonton strips

Two words describe this sweet citrus soy chicken rice bowl. 'Yum' and 'yum', Chef! A bed of fluffy basmati rice forms the base in the bowl, which is topped with garlic & ginger, sweet citrus soy chicken. Then comes the cooling cucumber, crispy wonton strips, and sriracha mayo drizzle. Finished with kimchi for an extra yum.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Cara Marshall

 Fan Faves

 Strandveld | First Sighting Sauvignon Blanc

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Ingredients & Prep

300ml	White Basmati Rice <i>rinse</i>
10	Wonton Wrappers <i>cut into 2cm thick strips</i>
180ml	Sweet Citrus Soy <i>(90ml Orange Juice, 45ml Low Sodium Soy Sauce & 45ml Honey)</i>
30g	Fresh Ginger <i>peel & grate</i>
2	Garlic Cloves <i>peel & grate</i>
450g	Free-range Chicken Mini Fillets
30ml	Cornflour
2 units	Sriracha Mayo
300g	Cucumber <i>rinse & roughly dice</i>
2	Spring Onions <i>rinse, trim & finely slice</i>
90g	Kimchi <i>drain & roughly chop</i>

From Your Kitchen

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

1. FLUFFY RICE Place the rinsed rice in a pot with 600ml 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. CRISPY WONTON STRIPS Place a pan over high heat with enough oil to cover the base. When hot, fry the wonton strips until crispy and golden, 30-60 seconds per side. You may need to do this step in batches. Drain on paper towel and season.

3. CITRUS SOY CHICKEN In a bowl, combine the sweet citrus soy, the grated ginger & garlic, and seasoning. Set aside. Pat the chicken dry with paper towel. Cut into bite-sized pieces and coat in the cornflour. Return the pan to medium heat with enough oil to cover the base. When hot, fry the chicken until browned, 1-2 minutes per side. Remove from the heat and drain the oil. Add the sweet citrus soy sauce and a splash of water to the pan with the chicken. Return the pan to medium heat and simmer until slightly thickened, 3-4 minutes. Remove from the heat.

4. SRIRACHA MAYO SAUCE In a small bowl, loosen the sriracha mayo with water in 5 ml increments until drizzling consistency.

5. YUM YUM RICE BOWLS Bowl up the rice. Top with the chicken & all the sauce and the diced cucumber. Drizzle over the loosened sriracha mayo. Scatter over the toasted wonton strips. Garnish with the sliced spring onion and the chopped kimchi.

Nutritional Information

Per 100g

Energy	779kj
Energy	186kcal
Protein	8.5g
Carbs	24g
of which sugars	4.2g
Fibre	1g
Fat	6.3g
of which saturated	1.1g
Sodium	274mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Soy

Cook
within 3
Days