



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	588kJ	4922kJ
Energy	141kcal	1177kcal
Protein	8.3g	69.3g
Carbs	12g	100g
of which sugars	3.2g	27.1g
Fibre	2g	16.6g
Fat	6.8g	56.6g
of which saturated	2.5g	20.9g
Sodium	87mg	728mg

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
50g	100g	Kale <i>rinse & roughly shred</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.