



UCOOK

Creamy Coconut Chicken

with sesame carrot mash

Moreish chicken in a creamy, dreamy, and flavourful coconut and tamari sauce served with sesame oil-flavoured carrot mash, sprinkled with cashew nuts. This dish will tantalize your senses, buds!

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

 Carb Conscious

 Waterford Estate | Waterford OVP Chenin Blanc 2020

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Ingredients & Prep

240g	Carrot <i>peeled, trimmed & cut into bite-sized chunks</i>
10ml	Sesame Oil
15g	Cashew Nuts
1	Free-range Chicken Breast <i>patted dry & cut into 1-2cm thick strips</i>
1	Onion <i>½ peeled & finely sliced</i>
1	Red Bell Pepper <i>½ rinsed, deseeded & cut into strips</i>
1	Yellow Bell Pepper <i>½ rinsed, deseeded & cut into strips</i>
1	Garlic Clove <i>peeled & grated</i>
100ml	Coconut Milk
10ml	Tamari
5ml	Ground Cumin
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)
Milk (optional)
Sugar/Sweetener/Honey

1. SESAMASH Place a pot of cold salted water over a high heat. Add the carrot chunks and bring to the boil. Once boiling, reduce the heat and simmer for 15-20 minutes until soft. Drain and mash with a potato masher or fork until smooth. Then, stir through a splash of milk or water, a knob of butter (optional), seasoning, and the sesame oil. Cover to keep warm.

2. TOASTED NUTS Place the cashews in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

3. SIZZLING CHICKEN Return the pan to a medium heat with a drizzle of oil. When hot, add the chicken strips and fry for 1-2 minutes per side until golden. Remove from the pan on completion and set aside.

4. CREAMY COCO-SAUCE Return the pan to a medium heat with a drizzle of oil. When hot, add the sliced onion and the sliced red & yellow peppers and fry for 4-6 minutes until soft, shifting occasionally. Add the grated garlic and fry for 1-2 minutes until fragrant, shifting constantly. Add the coconut milk, the tamari, the cumin, a sweetener of choice (to taste), and seasoning. Mix until fully combined. Leave to simmer for 5-8 minutes, until slightly thickened. Add a splash of water if it reduces too quickly. In the final 2-3 minutes, add the browned chicken strips.

5. OPEN SESAME Plate up the sesame mash and sprinkle over the toasted nuts. Side with the creamy coconut chicken and garnish with the chopped coriander. Great work, Chef!

Nutritional Information

Per 100g

Energy	325kJ
Energy	78kcal
Protein	4.9g
Carbs	6g
of which sugars	2.6g
Fibre	1.6g
Fat	3.9g
of which saturated	1.8g
Sodium	90mg

Allergens

Allium, Sesame, Sulphites, Tree Nuts, Soy

Cook
within 3
Days