



U COOK

— COOKING MADE EASY

STICKY VIETNAMESE CHICKEN

with pickled radish & edamame beans

Free-range chicken pieces reach peak performance with a delectably sticky, umami sauce – combining honey, chilli, lime, soy, and garlic. Full-spectrum flavour completed by fluffy, zesty jasmine rice.

Prep + Active Time: 20 minutes

Total Cooking Time: 40 minutes

 **Serves:** 1 person

 **Chef:** Deon Huysamer

 **Easy Peasy**

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Ingredients

25ml	Salty Sauce
90 ml	Pickling Liquid
15g	Ginger <i>peeled & grated</i>
1	Garlic Clove <i>peeled & grated</i>
1	Lime <i>zested & cut into wedges</i>
1	Chilli <i>deseeded & chopped</i>
1	Free-Range Chicken Drum and Thigh
50 g	Edamame Beans
20 g	Radish <i>thinly sliced into rounds</i>
100 ml	Jasmine Rice
8g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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



CHEF'S TIP

Edamame beans are a great source of Iron. Iron is a major part of the red blood cells that delivers oxygen to all parts of the body. It also forms part of many essential enzymes. These two functions help the body's immune cells generate a specific response to infections and harmful toxins.

1. BEFORE YOU GET GOING

Read through the whole recipe. Remember, the prep instructions are now displayed in the ingredient list, directly under the item they apply to. So, you have the option to do all your prep at once before you start cooking, or bit by bit as you go through the recipe!

2. STICKY CHICKEN

Preheat the oven to 200°C. Boil the kettle. To make the sticky marinade, combine the Salty Sauce with 10ml of oil and half of the Pickling Liquid. Add the grated ginger and garlic, some lime juice, and some chopped chilli to taste. Pat the chicken pieces dry with some paper towel and place in a bowl. Pour half of the sticky marinade over the chicken, toss to coat, and set aside to marinate for 10 minutes.

3. PICKLED VEGGIES

Submerge the edamame beans in some boiling water for 1-2 minutes. Drain on completion. Put the edamame beans and sliced radish in a bowl with the remaining pickling liquid.

4. ROAST THE CHICKEN

When the oven is hot, place the chicken on a roasting tray and roast for 30-35 minutes until cooked through and crispy.

5. IT'S THE HALFWAY MARK!

When the chicken is halfway, baste with the rest of the sticky marinade. Return to the oven for the remaining cooking time. Now, get your rice going! Rinse the jasmine rice and submerge it in a pot with 150ml of salted water. Pop on the lid and bring to the boil. Once boiling, reduce the heat and simmer for 10 minutes. Then, remove from the heat and allow it to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork. Just before serving, toss the rice with some lime zest to taste and the fresh, chopped coriander, reserving some for garnish.

6. REAP YOUR REWARDS!

Make a bed of zesty rice and top with the pickled veggies and sticky glazed chicken. Drizzle with any juices from the tray and garnish with the remaining coriander. Good work, Chef!

Nutritional Information

Per 100g

Energy (kj)	744
Energy (kcal)	178
Protein	11
Carbs	20
of which sugars	8
Fibre	1
Fat	6
of which saturated	1
Salt	1

Cook within: 3 days

Allergens: Gluten Allium Wheat Fish Soy



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Quick Prep



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