

# UCCOOK

## Sticky Soy Chicken

with baby carrots, lemon & leeks

Who doesn't like crispy chicken skin and tender, moist chicken meat? Add a sweet-savory sauce to the mix, with fragrant rice and fresh vegetables, and you've got a delish dish for dinner!

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People

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**Chef:** Megan Bure

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 Quick & Easy

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 Creation Wines | Creation Pinot Noir

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## Ingredients & Prep

6	Free-range Chicken Pieces
300g	Leeks <i>trimmed at the base, rinsed well &amp; roughly sliced</i>
300ml	Jasmine Rice <i>rinsed</i>
1 Sachet	Chicken Stock
3	Garlic Cloves
30ml	Balsamic Vinegar
30ml	Coconut Sugar
60ml	Low Sodium Soy Sauce
2	Lemons
3	Spring Onions
360g	Baby Carrots <i>rinsed, trimmed &amp; quartered lengthwise</i>
30ml	Black Sesame Seeds

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Sugar/Sweetener/Honey

**1. CRISP UP THE CHICKEN** Preheat the oven to 200°C. Pat the chicken pieces dry with paper towel and place on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes.

**2. STEAMED SAVOURY RICE** While the chicken is roasting, place a pot over medium-high heat with a drizzle of oil. When hot, add the sliced leeks and fry until golden, 4-5 minutes (shifting occasionally). Add the rinsed rice, the stock, and 600ml of salted water. Cover with a lid and bring to the boil. Reduce the heat and simmer until the water has been absorbed, 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**3. SOY DELICIOUS** While the rice is simmering, peel and grate the garlic. In a bowl, combine the balsamic vinegar, the coconut sugar, the soy sauce, the grated garlic and a drizzle of oil. Set aside.

**4. A SOUR-SWEET TASTE SENSATION** When the chicken has 8-10 minutes remaining, pour the balsamic-soy sauce over the chicken and roast for the remaining time. Cut the lemons into wedges and finely slice the spring onion. Set aside. In a bowl, add the quartered baby carrots, a drizzle of oil, seasoning, a sweetener of choice (to taste), the juice from 3 lemon wedges, and ½ the sesame seeds.

**5. FINGER-LICIOUS DELICIOUS!** Plate up the leeks & rice. Side with the sticky chicken and the carrot salad. Sprinkle over the remaining sesame seeds and the spring onion slices. Garnish with a lemon wedge. Great work, Chef!



## Chef's Tip

Toast the sesame seeds in a pan over a medium heat until fragrant, 2-3 minutes.

## Nutritional Information

Per 100g

Energy	607kJ
Energy	145kcal
Protein	9.1g
Carbs	16g
of which sugars	3.6g
Fibre	1.5g
Fat	5g
of which saturated	1.3g
Sodium	282.9mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Soy

Cook  
within 3  
Days