

UCOOK

Chicken Satay Salad

with edamame beans & fresh mango

Fun foodie fact, Chef! The origin of the word 'salad' is Latin (herba salta), which means 'salted herbs'. The salty element in today's special salad is a peanut-soy sauce, made into a dressing with coconut cream & lime juice. This is drizzled over golden strips of chicken, edamame beans, dried mango, piquanté peppers & fresh greens.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jemimah Smith

Carb Conscious

Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

10g	Cashew Nuts <i>roughly chop</i>
40g	Edamame Beans
40ml	Peanut-soy <i>(32.5ml Peanut Butter & 7.5ml Low Sodium Soy Sauce)</i>
50ml	Coconut Cream
10ml	Lime Juice
1	Free-range Chicken Breast
40g	Salad Leaves <i>rinse & roughly shred</i>
100g	Cucumber <i>rinse & peel into ribbons</i>
10g	Piquanté Peppers <i>drain</i>
100g	Mango Fingers <i>cut into bite-sized chunks</i>

From Your Kitchen

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

1. CASHEWS IS KING Place the chopped cashews in a pan (with a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. PLUMP BEANS Boil the kettle. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

3. PEANUT-SOY SAUCE In a bowl, combine the peanut-soy with the coconut cream, the lime juice (to taste), and loosen with water in 5ml increments until drizzling consistency. Set aside.

4. GOLDEN CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter (optional). Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. PREP THE SALAD To a salad bowl, add the shredded leaves, the cucumber ribbons, the drained peppers, the plumped edamame beans, the diced mango, a drizzle of olive oil and seasoning. Toss and set aside.

6. SENSATIONAL SATAY SUPPER Plate up a bed of the fresh salad and top with the sliced chicken. Drizzle with the peanut-soy dressing and garnish with the toasted nuts.



Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat in oil and season. Air fry at 200°C until cooked through, 10-12 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	475kj
Energy	114kcal
Protein	9.2g
Carbs	7g
of which sugars	4g
Fibre	1.3g
Fat	5.7g
of which saturated	2.3g
Sodium	99mg

Allergens

Gluten, Peanuts, Wheat, Sulphites, Tree Nuts, Soy

Eat
Within
2 Days