

UCOOK

Coconut Crusted Chicken & Asian Slaw

with sriracha-kewpie drizzle

Each component of this dish is a superstar in its own right! Chicken wings are coated in an Oriental rub & coconut crumb combo, before being oven-roasted to crispy perfection. Sided with coconut basmati rice and a tangy Asian slaw featuring carrot, cabbage and edamame beans. All sprinkled with toasted sesame seeds and lashings of kewpie-sriracha mayo.

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Jason Johnson

Adventurous Foodie

Adventurous roodie

Sijnn Wines | Sijnn White Blend

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

400ml White Basmati Rice rinsed 400ml Coconut Milk

32 Free-range Chicken Wings

325ml

Oriental Flour 165ml (125ml Cornflour & 40ml

NOMU Oriental Rub) Coconut Crumb (200ml Panko

halfway).

Breadcrumbs & 125ml Desiccated Coconut) Edamame Beans

200g Lime Juice 40ml

400g Cabbage rinsed & thinly sliced

240g Carrot rinsed, trimmed, peeled & cut into thin matchsticks

Black Sesame Seeds 40ml 160ml Kewpie Mayo

Sriracha 20_ml

From Your Kitchen

Oil (cooking, olive or coconut) Salt & Pepper Water

Sugar/Sweetener/Honey

Paper Towel

Egg/s

1. LOCO FOR COCO RICE Place the rinsed rice in a pot with 400ml of salted water and the coconut milk, and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 10-20 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. CRISPY WINGS Preheat the oven to 200°C. Pat the chicken wings dry with paper towel. Whisk 2 eggs in a shallow dish with a splash of water. Prepare 2 more shallow dishes; one containing the Oriental flour (lightly seasoned), and the other containing the coconut crumb. Lightly coat the chicken wings in the Oriental flour, then the egg mixture, and,

3. ON TO THE EDAMAME Boil the kettle. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

lastly, the coconut crumb. Place on a roasting tray and pop in the hot oven until cooked through and starting to crisp, 25-30 minutes (shifting

sweetener, and seasoning. Toss through the sliced cabbage, the blanched edamame beans, and the carrot matchsticks. Set aside. 5. TOASTED SEEDS Place the sesame seeds in a small pan over medium

heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove

4. ASIAN SLAW To a salad bowl, add the lime juice (to taste), a

from the pan and set aside. 6. CREAMY SPICY DRIZZLE In a small bowl, combine the kewpie mayo with the sriracha sauce (to taste), and season. Add water in 5ml

increments until drizzling consistency. Set aside.

7. STUNNING! Plate up the coconut rice. Serve the crispy wings and the Asian slaw alongside. Drizzle it all with the sriracha mayo. Garnish with the sesame seeds. Amazing, Chef!



Air fryer method: Pat the chicken dry with paper towel. Coat in oil and seasoning. Air fry, skin-side up, at 200°C until cooked through, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100a

835k| Energy 200kcal Energy Protein 8.3g Carbs 15g of which sugars 1.8g Fibre 1.8g Fat 8.5g of which saturated 4g Sodium 102mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Sov

> Cook within 3 Days