



UCCOOK

Lemongrass Chicken Bowl

with coconut rice

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Creation Wines | Creation Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	519kJ	2891kJ
Energy	124kcal	691kcal
Protein	7.7g	43g
Carbs	16g	89g
of which sugars	1.2g	6.4g
Fibre	0.7g	3.8g
Fat	3.1g	17.2g
of which saturated	2.2g	12g
Sodium	229mg	1273mg

Allergens: Soya, Gluten, Allium, Wheat, Sulphites, Fish, Shellfish

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Jasmine Rice <i>rinse</i>
300ml	400ml	Coconut Milk
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>
45ml	60ml	Lemon Juice
300g	400g	Cucumber <i>rinse & cut into half-moons</i>
2 sticks	2 sticks	Lemongrass
60ml	80ml	Vietnamese Sauce <i>(22,5 [30ml] Fish Sauce, 30ml [40ml] Low Sodium Soy Sauce & 7,5ml [10ml] Rice Wine Vinegar)</i>
450g	600g	Free-range Chicken Mini Fillets
225g	300g	Sliced Onions

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Paper Towel

- 1. COCONUT RICE** Place the rice in a pot with 600ml [800ml] of salted water and ½ of the coconut milk. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Add ½ of the coriander, fluff with a fork and cover.
- 2. PICKLE & INFUSE** In a small bowl, add the lemon juice and 15ml [20ml] of a sweetener. Mix to dissolve the sweetener and add the cucumber. Set aside. Trim off the very top and the base of the lemongrass, then peel away the tough outer layers. Use a rolling pin or cleaver to lightly crush the lemongrass, slice it in half lengthways, then finely dice. Add the lemongrass to a small bowl, along with the Vietnamese sauce and a sweetener (to taste).
- 3. VIETNAMESE CHICKEN** Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside. Return the pan to medium heat. Fry the onion until golden, 5-6 minutes (shifting occasionally). Return the chicken to the pan, along with the Vietnamese sauce and the remaining coconut milk. Season and allow it to simmer until it has reduced slightly, 6-7 minutes (shifting occasionally).
- 4. A NEW CULINARY ADVENTURE** Plate up the coconut rice, topped with the Vietnamese chicken and sided with the pickled cucumber. Garnish with the remaining coriander. And that's a wrap, Chef!