



UCCOOK

Cheeky Grilled Satay Chicken

with black rice & edamame beans

Warm up your belly with this perfectly cooked chicken, dunked in a flavourful spicy satay sauce, served with bouncy black rice and fresh slaw on the side. Garnished with sesame seeds, fresh basil and edamame beans - this dish is healthy without compromising on flavour!

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

 Health Nut

 No paired wines

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Ingredients & Prep

75ml	Black Rice
5ml	White Sesame Seeds
100g	Shredded Cabbage & Julienne Carrot
1	Lime <i>zested & cut into wedges</i>
100g	Edamame Beans <i>shelled</i>
1	Free-range Chicken Breast
30ml	Story Time Spicy Peanut Butter
25ml	Sweet Tamari Sauce <i>(15ml Tamari & 10ml Honey)</i>
50ml	Coconut Cream
3g	Fresh Basil <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. RICE & SHINE Rinse the rice and place in a pot with 300ml of salted water. Pop on a lid and place over a medium heat. Once boiling, reduce the heat and simmer for 30-35 minutes until the water has been absorbed. If it starts to dry out, add more water in small increments to continue cooking. On completion, it should be tender but bouncy. Remove from the heat and drain if necessary. Cover with the lid and set aside until serving.

2. SESAME SEEDS & ZESTY SLAW Boil the kettle. Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Place ½ of the cabbage and julienne carrot, a squeeze of lime juice to taste, and some lime zest in a bowl. Season, toss to combine, and set aside for serving. In another bowl, submerge the shelled edamame beans in boiling water and leave to plump up for 2-3 minutes. Drain on completion and set aside for serving.

3. GRILLED CHICKEN GOODNESS Return the pan (or grill pan if you have one) over a high heat. Pat the chicken dry with paper towel, coat with oil, and season. When the pan is hot, fry the chicken for 3-4 minutes per side until browned but not cooked through. Remove from the pan.

4. SATAY ALL DAY Return the pan to a low-medium heat, whisk in the spicy peanut butter, sweet tamari, coconut cream, and 50ml of warm water until combined. Simmer for 2-3 minutes until slightly thickened, whisking regularly. Add in the cooked chicken and simmer for a further 3-4 minutes. Turn the chicken occasionally, until it is cooked through and the sauce is thickening. Add the remaining cabbage and julienne carrot and cook for 1-2 minutes until slightly wilted. Remove from the heat and season with lime juice, salt and pepper to taste.

5. DIG IN! Plate up the gorgeous black rice, top it with the grilled satay chicken, and drizzle over some fragrant sauce. Serve the slaw on the side, scattered with edamame beans and toasted sesame seeds. Garnish with the chopped fresh basil and a lime wedge. Well done, Chef!



Chef's Tip

If not handled correctly, nut butters can sometimes split when cooked. If yours does begin to split, a simple rescue tip is to add a little hot water and whisk vigorously to bring it back together!

Nutritional Information

Per 100g

Energy	744kj
Energy	178Kcal
Protein	11.5g
Carbs	17g
of which sugars	3.9g
Fibre	2.8g
Fat	7.2g
of which saturated	2.7g
Sodium	222mg

Allergens

Sesame, Peanuts, Sulphites, Soy

Cook
within 3
Days