



UCOOK

Thai Chicken Salad

with roasted carrot, corn & toasted sesame seeds

A light meal that packs a punch when it comes to satisfying flavours. Shredded chicken is tossed with oven-roasted carrots, charred corn, toasted black sesame seeds, greens & cucumber. This is all coated in an umami-rich Asian dressing.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Hellen Mwanza

Simple & Save

Deetlefs Wine Estate | Deetlefs Estate Chenin Blanc

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Ingredients & Prep

240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
5ml	Black Sesame Seeds
1	Free-range Chicken Breast
50g	Corn
30ml	Asian Dressing <i>(15ml Low Sodium Soy Sauce, 5ml Sesame Oil & 10ml Lime Juice)</i>
50g	Cucumber <i>rinse & roughly dice</i>
20g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the carrot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. TOAST Place the sesame seeds in a pan (with a lid) over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. 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, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes. Using two forks, gently shred the chicken, and season.

4. CHARRED CORN Return the pan to medium heat with a drizzle of oil, if necessary. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

5. JUST BEFORE SERVING In a small bowl, combine the Asian dressing with 2 tbsp of olive oil, a sweetener (to taste), and seasoning. In a salad bowl, combine the roasted carrot, the diced cucumber, the shredded salad leaves, the charred corn, and the shredded chicken.

6. TIME FOR DINNER Make a bed of the loaded salad, drizzle over the dressing, and sprinkle over the toasted sesame seeds. Well done, Chef!



Chef's Tip

Air fryer method: Coat the carrot pieces in oil and season. Air fry at 200°C until crispy, 15-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	317kJ
Energy	76kcal
Protein	7.7g
Carbs	7g
of which sugars	2.7g
Fibre	1.6g
Fat	1.9g
of which saturated	0.4g
Sodium	231mg

Allergens

Gluten, Sesame, Wheat, Soy, Cow's Milk

Eat
Within
3 Days