



QCOOK

Sticky Thai Chicken Tenders

with coconut rice & a side salad

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Creation Wines | Creation Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	689kJ	5331kJ
Energy	164kcal	1272kcal
Protein	6.5g	50.1g
Carbs	24g	185g
of which sugars	8g	62.3g
Fibre	1.2g	9.6g
Fat	4.7g	36.7g
of which saturated	3.1g	24.2g
Sodium	297mg	2297mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat, Soya, Allium

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Jasmine Rice <i>rinse</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
600ml	800ml	Coconut Milk
90ml	125ml	Cake Flour
45g	60g	Cashew Nuts <i>finely chop</i>
300ml	400ml	Panko Breadcrumbs
450g	600g	Free-range Chicken Mini Fillets
330ml	440ml	Sweet-soy <i>(300ml [400ml] Thai Sweet Chilli Sauce & 30ml [40ml] Low Sodium Soy Sauce)</i>
45ml	60ml	Lemon Juice
60g	80g	Piquanté Peppers <i>drain</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
240g	240g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Egg/s
Paper Towel

1. IT'S ALL IN THE INFUSION Place the rice, the ginger, the coconut milk, and 150ml [200ml] of salted water in a pot over medium-high heat. Cover with the lid and bring to the boil. Reduce the heat and simmer until the liquid has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. CRUMBY CHICKY In a shallow dish, whisk 2 eggs with 2 tbsp of water. Prepare two more shallow dishes: one containing the flour (lightly seasoned), and the other containing a mixture of the cashews and the breadcrumbs. Coat the chicken strips in the flour first, then the egg, and lastly, the cashew crumb mixture.

3. NOW FOR THE FRYING Place a pan over medium-high heat with enough oil to cover the base. When hot, fry the crumbed chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Drain on paper towel. Alternatively, air fry the crumbed chicken at 200°C until crispy, 10-15 minutes (shifting halfway).

4. STICKY COATING Drain the oil from the pan. Return the pan to medium heat with the sweet-soy and ½ the lemon juice. When starting to bubble, add the fried chicken and the peppers. Simmer until the sauce is sticky and the chicken and peppers are coated, 3-4 minutes (shifting occasionally).

5. TOUCH OF FRESHNESS In a salad bowl, combine the salad leaves, the carrot, the remaining lemon juice, and seasoning.

6. TIME TO EAT Make a bed of the coconut rice and top with the sticky chicken. Side with the dressed salad. Well done, Chef!