



UCCOOK

Charcoal Lemongrass Chicken

with vermicelli noodles, crunchy veg & Asian dressing

Asian marinated charred chicken sings with flavours of lemongrass from a bed of vermicelli noodles, crunchy carrot, cucumber and sautéed pak choi. Drizzled with a spicy Asian sauce, toasted sesame and fresh mint.

Hands-On Time: 25 minutes

Overall Time: 55 minutes

Serves: 1 Person

Chef: Alex Levett

♥ Health Nut

🍷 Fat Bastard | Chardonnay

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Ingredients & Prep

60ml	Asian Dressing <i>(15ml Fish Sauce, 10ml Low Sodium Soy Sauce, 15ml Honey, 5ml Sesame Oil & 15ml Lime Juice)</i>
1	Free-range Chicken Breast
5ml	Mixed Sesame Seeds
10g	Sambal Oelek
1 cake	Mung Bean Vermicelli Noodles
1 stick	Lemongrass
100g	Pak Choi <i>trimmed at the base</i>
75g	Julienne Carrot
50g	Cucumber <i>cut into long matchsticks</i>
4g	Fresh Mint <i>rinsed, picked & roughly torn</i>

From Your Kitchen

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

1. MARINATION STATION In a shallow dish, mix together ½ of the Asian dressing and 1 tbsp of water. Place the chicken breast on a cutting board, flat-side down. Put the palm of your non-cutting hand on the top of the breast. Using a sharp knife, cut horizontally through the breast to make 2 thin chicken breast pieces. Place the chicken in the dish with the Asian dressing, coat well, and leave to marinate in the fridge for at least 15 minutes.

2. TOASTY SEEDS & DRESSING Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until the white seeds are lightly browned, shifting occasionally. Remove from the pan on completion. In a bowl, place the remaining Asian dressing, and the sambal oelek (to taste). Mix until combined.

3. NOODLE TIME Boil the kettle. Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give them a stir, cover with a plate, and set aside to soak for 6-8 minutes until cooked and glassy. Drain on completion and toss through the Asian sambal oelek mixture. Cut the root end off the lemongrass and peel off the outer tougher leaves. Cut the softer inner stalk in half lengthways, finely dice, and set aside.

4. FRY & CHAR Return the pan to a medium-high heat with a drizzle of oil. Once hot, remove the chicken from the marinade, reserving the marinade. Fry for 4-5 minutes on each side, until starting to char. In the final 1-2 minutes, add the reserved chicken marinade and chopped lemongrass and baste the chicken. Remove the chicken from the pan and allow to rest for 5 minutes before slicing and seasoning. Pour the basting sauce into a bowl for serving.

5. PAK CHOI Separate the leaves of the trimmed pak choi and rinse well. Return the pan to a medium heat with a splash of water. When hot, add the pak choi, cover with the lid, and steam for 3-5 minutes until wilted. Drain on paper towel and season.

6. PLATE IT UP Plate up the vermicelli noodles and top with the julienne carrots, cucumber strips and pak choi. Lay over the charred chicken slices and drizzle over the marinade and lemongrass basting sauce. Garnish with toasted sesame seeds and fresh mint. Yum!



Chef's Tip

Lemongrass is a rich source of flavonoids and phenolic compounds. It's also an effective antibacterial agent that contains anti-inflammatory and antioxidant properties.

Nutritional Information

Per 100g

Energy	462kj
Energy	110Kcal
Protein	7.9g
Carbs	15g
of which sugars	4.4g
Fibre	0.9g
Fat	2.3g
of which saturated	0.4g
Sodium	367mg

Allergens

Gluten, Sesame, Shellfish, Wheat, Fish, Soy

Cook
within 2
Days