

# UCCOOK

## Sticky Plum Chicken

with jasmine rice & spring onion

Come and indulge in some plum chicken, Chef! On a bed of fluffy jasmine rice lies golden, pan-roasted, Chinese 5-spice chicken, pickled cucumber, and fresh plum wedges, all drenched in a lime-infused hoisin sauce. Sprinkle over some spring onion greens & sesame seeds and you're done!

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Samantha du Toit

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 Quick & Easy

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 Vilafonté | Seriously old dirt 2021

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## Ingredients & Prep

|      |   |
|------|---|
| 100g | Cucumber<br><i>rinse &amp; thinly slice into rounds</i>             |
| 30ml | Rice Wine Vinegar   |
| 75ml | Jasmine Rice<br><i>rinse</i>  |
| 5ml  | White Sesame Seeds  |
| 1    | Free-range Chicken Breast   |
| 5ml  | Chinese 5-spice   |
| 1    | Garlic Clove<br><i>peel &amp; grate</i>                             |
| 50ml | Hoisin Sauce  |
| 1    | Lime<br><i>rinse &amp; cut ½ into wedges</i>                        |
| 1    | Plum<br><i>rinse &amp; cut into thin wedges, discarding the pip</i> |
| 1    | Spring Onion<br><i>rinse, trim &amp; finely slice</i>               |

## From Your Kitchen

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

**1. PICKLED CUCUMBER** In a bowl, combine the cucumber rounds, the vinegar, and 5ml of sweetener. Set aside to pickle. Drain just before serving.

**2. FLUFFY RICE** Place the rinsed rice in a pot with 150ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

**3. TOASTED SEEDS** Place the sesame seeds in a pan (with a lid) over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**4. CHINESE 5-SPICE 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 and the Chinese 5-spice. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**5. ZESTY HOISIN SAUCE** Return the pan to low heat with a drizzle of oil. When hot, fry the grated garlic until fragrant, 30-60 seconds. Add the hoisin sauce, 30ml of water, and a squeeze of lime juice. Simmer until heated through, 2-3 minutes.

**6. SET THE TABLE** Make a bed of jasmine rice. Top with the sliced chicken, the pickled cucumber, and the fresh plum wedges. Spoon over the hoisin sauce. Garnish with the sliced spring onion and the toasted sesame seeds. Serve any remaining lime wedges on the side. Well done, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 508kJ   |
| Energy             | 121kcal |
| Protein            | 7.9g    |
| Carbs              | 19g     |
| of which sugars    | 7.5g    |
| Fibre              | 1.1g    |
| Fat                | 1.5g    |
| of which saturated | 0.4g    |
| Sodium             | 334.2mg |

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Sugar Alcohol (Xylitol), Soy,  
Cow's Milk

Cook  
within 3  
Days