



# UCOOK

## Weber's Huli Huli Hawaiian Chicken

**with a roasted veg medley & charred  
pineapple rings**

It's sticky, it's juicy, and it's tasty! Chicken drumsticks are roasted in the oven or cooked on the Weber in a Hawaiian-inspired marinade of tomato sauce, soy sauce, rice vinegar, and coconut sugar. Sided with a charred pineapple & veg medley and sprinkled with coriander & spring onion for a kick of freshness.

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**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person


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**Chef:** Thea Richter

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 Fan Faves

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 Waterford Estate | Waterford Pecan Stream  
Sauvignon Blanc 2021

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## Ingredients & Prep

75ml	Brown Rice <i>rinsed</i>
80ml	Huli Huli Sauce <i>(45ml Tomato Sauce, 20ml Low Sodium Soy Sauce &amp; 15ml Rice Wine Vinegar)</i>
10ml	Coconut Sugar
10g	Fresh Ginger <i>peeled &amp; grated</i>
1	Garlic Clove <i>peeled &amp; grated</i>
2	Free-range Chicken Drumsticks
1	Red Onion <i>½ peeled &amp; cut into wedges</i>
1	Green Bell Pepper <i>½ rinsed, deseeded &amp; cut into thick strips</i>
2	Pineapple Rings <i>drained</i>
200g	Baby Marrow <i>rinsed, trimmed &amp; halved lengthways</i>
4g	Fresh Coriander <i>rinsed &amp; picked</i>
1	Spring Onion <i>finely sliced</i>

## From Your Kitchen

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

**1. NICE RICE** Prepare the oven or the Weber according to the Chef's Tip instructions. Place the rinsed rice in a pot over medium-high heat. Submerge in 300ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. Drain if necessary and fluff up with a fork.

**2. OVEN ROASTING OPTION** In a bowl, combine the huli huli sauce, the coconut sugar, the grated ginger & garlic, a drizzle of oil, and seasoning. Place the chicken drumsticks on half of a roasting tray. Pat dry with paper towel. Coat in ½ the marinade. Place the onion wedges and the pepper strips on the other half of the tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes until cooked through, shifting halfway. When there are 10 minutes remaining, pour the remaining marinade over the chicken. Place a pan over high heat with a drizzle of oil. When hot, add the drained pineapple rings and brown for 1-2 minutes per side, until charred. Remove from the pan. Return the pan to high heat with a drizzle of oil. When hot, add the baby marrow halves and brown for 2-3 minutes per side until charred.

**3. WEBER BRAAI OPTION** Pat the chicken drumsticks dry with paper towel and season. Place in a bowl and coat in ½ the marinade. Place the onion wedges and the pepper strips in a tinfoil parcel with the top open. Season and coat in oil. Once the coals are ready in the Weber and your grid is cleaned down, place the marinated chicken over a medium hot area of the grid. Braai for 14-18 minutes, flipping and basting with the remaining marinade every 2 minutes. Place the veg parcel on the coolest area of the coals, tossing occasionally, until cooked through. Place the drained pineapple rings and the baby marrow halves on the grid and braai for 3-4 minutes per side or until charred. Remove the veg from the tinfoil parcel before plating.

**4. ALOHA, DINNER!** Make a bed of the brown rice. Top with the sticky huli huli chicken and any remaining tray juices (if the oven was used). Side with the charred pineapple rings, baby marrow, onion wedges, and pepper strips. Sprinkle over the picked coriander and the sliced spring onion. Finish off with a drizzle of olive oil. Time to dine, Chef!



## Chef's Tip

If you're using a charcoal Weber, prepare enough coals for a hot fire. Alternatively, you can also use a Weber Genesis Gas braai to cook this tasty meal. Otherwise, preheat the oven to 200°C.

## Nutritional Information

Per 100g

Energy	415kj
Energy	99kcal
Protein	6.9g
Carbs	11g
of which sugars	4.7g
Fibre	1.5g
Fat	3.3g
of which saturated	0.9g
Sodium	140mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Cook  
within 3  
Days