



UCCOOK

Vietnamese Caramelised Ginger Chicken

with cucumber salad & Asian slaw

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Tiisetso Maema

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	464kJ	3601kJ
Energy	111kcal	861kcal
Protein	6.7g	52.1g
Carbs	16g	124g
of which sugars	3.8g	29.8g
Fibre	1.7g	13.1g
Fat	2.4g	18.8g
of which saturated	0.4g	3.4g
Sodium	329mg	2559mg

Allergens: Sulphites, Shellfish, Fish, Gluten, Sesame, Tree Nuts, Wheat, Soya, Allium

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Jasmine Rice <i>rinse</i>
100g	200g	Cucumber <i>rinse & cut into bite-sized pieces</i>
1	2	Spring Onion/s <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
50ml	100ml	Cucumber Dressing <i>30ml [60ml] Soy Sauce, 15ml [30ml] Rice Wine Vinegar & 5ml [10ml] Sesame Oil</i>
5ml	10ml	White Sesame Seeds
75g	150g	Shredded Cabbage
1	1	Lemon <i>rinse & cut ½ [1] into wedges</i>
1	2	Free-range Chicken Breast/s
10g	20g	Fresh Ginger <i>peel & cut into matchsticks</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely chop</i>
15ml	30ml	Fish Sauce
20ml	40ml	Brown Sugar
15g	30g	Cashew Nuts

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Paper Towel
Sugar/Sweetener/Honey (optional)

1. STEAMING RICE Place the rice in a pot with 200ml [400ml] 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.

2. COOLING CUCUMBER In a bowl, combine the cucumber, ½ the spring onion greens, cucumber dressing, and ½ sesame seeds. Season and set to the side. In a separate bowl, combine the shredded cabbage, a drizzle of olive oil and a squeeze of lemon juice. Season and set aside.

3. FRAGRANT CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel and cut into bite-sized pieces. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside. Return the pan to medium heat with a drizzle of oil. When hot, fry the ginger, spring onion whites and fresh chilli until fragrant for 1-2 minutes. Then add the fish sauce, brown sugar and 50ml [100ml] of water. Allow this to simmer until the sauce is thick and sticky. Remove from the heat and season. Add back the chicken and any remaining juices, toss in the sauce until fully coated.

4. A PLATE TO BE PROUD OF Bowl up the jasmine rice, top with the caramel ginger chicken. Add the cucumber salad and Asian slaw alongside the rice and chicken. Garnish with the other ½ of the spring onion greens, cashew nuts and sesame seeds. Well done, Chef!

Chef's Tip Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.