



UCOOK

Kung Pao Chicken

with steamed jasmine rice & green beans

Crispy chicken strips, crunchy green beans, and piquanté peppers are marinated in a delicious sweet, salty, and spicy concoction before being poured over fluffy jasmine rice. Garnished with toasted peanuts, spring onion greens, and Banhoek's chilli oil. Balance and flavour are the names of the game in this amazing dish!


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Jason Johnson

Adventurous Foodie

 Bertha Wines | Bertha Semillon 2022

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Ingredients & Prep

200ml	Jasmine Rice <i>rinse</i>
40g	Peanuts <i>roughly chop</i>
300g	Free-range Chicken Mini Fillets
60ml	Cornflour
200g	Green Beans <i>rinse, trim & cut in half</i>
1	Onion <i>peel & roughly slice</i>
1	Garlic Clove <i>peel & grate</i>
20g	Fresh Ginger <i>peel & grate</i>
1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
2	Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
70ml	Kung Pao Sauce <i>(30ml Rice Wine, 30ml Low Sodium Soy Sauce & 10ml Sesame Oil)</i>
60g	Piquanté Peppers
2 sachets	Banhoek Chilli Oil

From Your Kitchen

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

1. FLUFFY RICE Place the rinsed rice in a pot with 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. GOLDEN PEANUTS Place the chopped peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CRISPY CHICKEN Pat the chicken dry with paper towel and cut in half. Place the cornflour in a bowl and season. Coat the chicken pieces in the flour, dusting off any excess before transferring to a plate. Return the pan to medium-high heat with enough oil to cover the base. When hot, shallow-fry the floured chicken until crispy and cooked through, 1-2 minutes. Remove from the pan, drain on paper towel, and season.

4. CHARRED GREENS Return the pan to medium-high heat with a drizzle of oil (if necessary). When hot, fry the green beans until starting to char, 5-6 minutes (shifting occasionally). Remove from the pan, season, and set aside.

5. KUNG PAO SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onions until browned, 4-5 minutes (shifting constantly). Add the grated garlic & ginger, and fry until fragrant, 1-2 minutes (shifting constantly). Add the sliced chilli (to taste) and the spring onion whites. Fry, 1-2 minutes (shifting constantly). Pour in the Kung Pao sauce, a sweetener, and 2 tbsp of water. Simmer until reduced, 30-60 seconds.

6. ALL TOGETHER NOW! When the sauce is done, toss through the cooked chicken, the charred green beans, and the chopped peppers until heated through, 2-3 minutes. Season, remove from the heat, and set aside.

7. GRAB THE PLATES Serve up a glorious bed of steaming rice and top with the saucy chicken & beans. Drizzle with any remaining pan juices. Scatter over the toasted nuts and the spring onion greens, and finish with a drizzle of chilli oil (to taste).

Nutritional Information

Per 100g

Energy	703kj
Energy	168kcal
Protein	8.9g
Carbs	20g
of which sugars	2.4g
Fibre	1.7g
Fat	5.2g
of which saturated	0.7g
Sodium	167mg

Allergens

Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Alcohol, Soy

Eat
Within
2 Days