



UCCOOK

Neil Ellis' Teriyaki Chicken Kebabs

with a pineapple salsa

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Neil Ellis

Wine Pairing: Neil Ellis Wines | Neil Ellis Wild Flower Rosé

Nutritional Info	Per 100g	Per Portion
Energy	750kj	4002kj
Energy	179kcal	957kcal
Protein	7.6g	40.8g
Carbs	21g	114g
of which sugars	6.6g	35.3g
Fibre	0.8g	4.2g
Fat	7g	37.6g
of which saturated	3.9g	20.8g
Sodium	257mg	1374mg

Allergens: Sulphites, Gluten, Wheat, Soya, Allium

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Jasmine Rice <i>rinse</i>
100ml	200ml	Coconut Cream
1	1	Garlic Clove <i>peel & grate</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
30ml	60ml	Sweet Teriyaki Sauce <i>20ml [40ml] Teriyaki Sauce & 10ml [20ml] Honey</i>
150g	300g	Chicken Thigh Kebabs
15ml	30ml	Orange Juice
2	4	Tinned Pineapple Rings <i>drain & roughly chop</i>
20g	40g	Piquanté Peppers <i>drain</i>
1	1	Spring Onion <i>rinse, trim & roughly slice</i>
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. **COCONUT RICE** Place the rice in a pot with 150ml [300ml] of salted water and ½ the coconut cream. 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 for 8-10 minutes. Fluff with a fork, mix in the remaining coconut cream, and cover.

2. **CHICKEN** In a bowl, combine the garlic, ginger, and sweet teriyaki sauce. Set aside. Pat the chicken kebabs dry with paper towel and season. Place a pan over medium heat with a drizzle of oil. When hot, fry the chicken until golden and cooked through, 8-10 minutes (shifting occasionally). In the final 1-2 minutes, baste with the garlic mixture. Remove from the pan with any pan juices.

3. **SALSA** In a bowl, combine the orange juice with a drizzle of olive oil. Mix to emulsify and add the pineapple, peppers, spring onion (to taste), and ½ of the coriander. Season.

4. **TIME TO DINE** Bowl up the rice, top with the chicken kebabs, scatter over the salsa, and garnish with the remaining coriander. Dig in, Chef!