



UCCOOK

Thai Peanut Chicken

with broccoli & fresh coriander

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	455kJ	2436kJ
Energy	109kcal	583kcal
Protein	9.8g	52.2g
Carbs	6g	32g
of which sugars	1.1g	6.1g
Fibre	2.3g	12.1g
Fat	4.8g	25.7g
of which saturated	2.6g	13.9g
Sodium	186mg	993mg

Allergens: Gluten, Allium, Peanuts, Wheat, Sulphites, Soy

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Broccoli Florets <i>cut into bite-sized pieces</i>
5ml	10ml	NOMU Roast Rub
1	2	Free-range Chicken Breast/s <i>pat dry & cut into 1-2cm thick strips</i>
1	1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely chop</i>
10ml	20ml	Spice & All Things Nice Thai Red Curry Paste
15ml	30ml	Lemon Juice
5ml	10ml	Low Sodium Soy Sauce
100ml	200ml	Coconut Milk
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
15ml	30ml	Peanut Butter
60g	120g	Red Kidney Beans <i>drain & rinse</i>

From Your Kitchen

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

1. **WE WILL BROCC YOU!** Place a pan, with a lid, over a medium-high heat with a drizzle of oil. When hot, fry the broccoli until lightly charred, 5-6 minutes. Add a splash of water and ½ the NOMU rub, cover with the lid, and simmer until cooked but still al dente, 1-2 minutes. Remove from the pan and season.

2. **GOLDEN CHICKEN** Return the pan to medium heat with a drizzle of oil. Fry the chicken strips until golden and cooked through, 1-2 minutes per side. Remove from the pan and set aside.

3. **CURRY CURRY, HOW HE THRILLS ME** Return the pan to medium heat with a drizzle of oil. Add the spring onion whites, ½ the chilli (to taste), the remaining rub, and the curry paste (to taste). Fry until fragrant, 1-2 minutes (shifting constantly).

4. **ALMOST THERE** Add the lemon juice, the soy sauce, a sweetener (to taste), the coconut milk, 100ml [200ml] of warm water, and ½ the coriander to the pan. Mix until fully combined. Reduce the heat and simmer until slightly reduced and thickened, 6-10 minutes (stirring occasionally).

5. **FINISHING TOUCHES** When the sauce has 2-3 minutes remaining, stir through the peanut butter, the kidney beans, and the cooked chicken. Remove from the heat, add ½ the broccoli and seasoning.

6. **CHICKEN & PEANUT PERFECTION!** Bowl up the Thai peanut chicken and top with the remaining broccoli. Sprinkle over the spring onion greens, the remaining coriander, and chilli (to taste). Tuck in, Chef!