

Eat Within 3 Days

UCOOK

Mini Rotis & Sweet Chilli Chicken

with a fresh salad

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Piekenierskloof | Grenache blanc 2024

Nutritional Info	Per 100g	Per Portion
Energy	454kJ	3291kJ
Energy	109kcal	786kcal
Protein	6.4g	46.3g
Carbs	12g	85g
of which sugars	4.9g	35.9g
Fibre	1.3g	9.4g
Fat	4g	29.2g
of which saturated	1.8g	13.4g
Sodium	178mg	1293mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Chicken Mini Fillets
1	1	Bell Pepper *rinse, deseed & cut ½ [1] into strips*
80ml	160ml	Creamy Sweet Chilli *(30ml [60ml] Thai Sweet Chilli Sauce & 50ml [100ml] Crème Fraîche)*
4	8	Cocktail Roti
20g	40g	Salad Leaves *rinse & roughly shred*
100g	200g	Cucumber *rinse & roughly dice*
5ml	10ml	Dried Chilli Flakes
10ml	20ml	Lime Juice
20g	40g	Piquanté Peppers *drain*
5g	10g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water
Paper Towel

1. CHICKEN & PEPPERS Place a pan over high heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken and ½ of the bell pepper until the chicken is golden and cooked through, 2-3 minutes (shifting occasionally). Deglaze the pan with a splash of water and mix in the creamy sweet chilli. Remove from the pan and season.

2. TOAST Place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

3. FRESH SALAD In a salad bowl, combine the salad leaves, remaining bell pepper, cucumber, chilli flakes (to taste), lime juice, and seasoning.

4. TIME TO EAT Top each roti with the creamy chicken mixture, scatter over the piquanté peppers, and the crispy onion bits. Serve the fresh salad on the side and dig in, Chef!