



WCOOK

Asian-style Chicken Pancakes

with sesame seeds

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Delheim Wines | Delheim Staying Alive
Riesling

Nutritional Info	Per 100g	Per Portion
Energy	897.2kJ	4082.3kJ
Energy	214.6kcal	976.5kcal
Protein	10g	45.3g
Carbs	15g	68.2g
of which sugars	4.4g	19.9g
Fibre	1.6g	7.1g
Fat	12.1g	55.1g
of which saturated	1g	4.5g
Sodium	405.2mg	1843.8mg

Allergens: Cow's Milk, Soya, Egg, Gluten, Allium,
Sesame, Wheat, Sulphites, Fish, Shellfish

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Shredded Cabbage & Carrots
1	1	Spring Onion <i>rinse, trim & finely slice</i>
50ml	100ml	Kewpie Mayo
4	8	Cocktail Rotis
150g	300g	Free-range Chicken Mini Fillets
1 unit	2 units	UCOOK Asian Sauce
5ml	10ml	White Sesame Seeds
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. SLAW In a bowl, combine the shredded cabbage mix, spring onion (to taste), and mayo. Set aside in the fridge.

2. ROTIS 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. CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. In the final 1-2 minutes, baste with the Asian sauce. Remove from the pan.

4. TIME TO EAT Time to plate up! Pile the slaw onto the rotis, add the chicken, and spoon over the delicious sauce (to taste). Scatter with sesame seeds and garnish with the coriander. Tuck in, Chef!