



# UCCOOK

## Tamarind Chicken & Coconut Quinoa

with edamame beans, carrot, cashew nuts, & sesame seeds

**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Bertha Wines | Bertha Sauvignon Blanc

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 604kJ    | 4873kJ      |
| Energy             | 144kcal  | 1165kcal    |
| Protein            | 8.5g     | 68.4g       |
| Carbs              | 12g      | 98g         |
| of which sugars    | 3.3g     | 26.7g       |
| Fibre              | 1.9g     | 15g         |
| Fat                | 6.9g     | 56g         |
| of which saturated | 2.6g     | 20.8g       |
| Sodium             | 89mg     | 717mg       |

**Allergens:** Allium, Sesame, Sulphites, Sugar Alcohol (Xylitol), Tree Nuts, Soy

**Spice Level:** Mild

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                                                                                    |
|----------|------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| 2        | 4          | Free-range Chicken Pieces                                                                                                                          |
| 50ml     | 100ml      | Tamarind Glaze<br><i>(20ml [40ml] The Sauce<br/>Queen Smokey BBQ Sauce<br/>&amp; 30ml [60ml] Colleen's<br/>Handmade Tamarind Chilli<br/>Sauce)</i> |
| 120g     | 240g       | Carrot<br><i>rinse, trim &amp; cut into<br/>bite-sized pieces on the<br/>diagonal</i>                                                              |
| 1        | 1          | Onion<br><i>peel &amp; roughly slice</i>                                                                                                           |
| 10ml     | 20ml       | NOMU Oriental Rub                                                                                                                                  |
| 75ml     | 150ml      | Quinoa<br><i>rinse</i>                                                                                                                             |
| 100ml    | 200ml      | Coconut Milk                                                                                                                                       |
| 40g      | 80g        | Edamame Beans                                                                                                                                      |
| 20g      | 40g        | Spinach<br><i>rinse</i>                                                                                                                            |
| 10ml     | 20ml       | Lime Juice                                                                                                                                         |
| 10g      | 20g        | Cashew Nuts<br><i>roughly chop</i>                                                                                                                 |
| 5ml      | 10ml       | Black Sesame Seeds                                                                                                                                 |

## From Your Kitchen

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

**1. CHICKEN** Preheat the oven to 200°C. Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Coat in oil and seasoning. Roast in the oven until golden, 25-30 minutes (shifting halfway). In the final 3-5 minutes, glaze with the tamarind glaze. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. VEGGIES** Place a pot over medium heat with a drizzle of oil. When hot, fry the onion, and the carrot until turning golden, 5-6 minutes. Add the NOMU rub and fry until fragrant, 1-2 minutes.

**3. QUINOA** Add the quinoa, the coconut milk, and a pinch of salt to the pot. Mix in 80ml [160ml] of water. Cover and bring to a boil. Reduce the heat and simmer until the tails have popped out, 20-25 minutes. Remove from the heat, mix in the spinach, the edamame beans, and the lime juice. Set aside to steam, about 5 minutes.

**4. TOAST** While the quinoa is on the go, place the nuts in a pan over medium heat. Toast until golden, 2-4 minutes (shifting occasionally). Remove from the pan.

**5. DINNER IS READY** Make a bed of the quinoa, top with the chicken and any pan juices. Sprinkle over the sesame seeds and scatter over the nuts. Enjoy, Chef!

**Chef's Tip** To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.