

UCOOK

Asian Chicken Slaw Salad

with charred corn, mixed sesame seeds & fresh ginger

This Asian slaw salad features juicy chicken, sweet & smoky charred corn, nutty sesame seeds, and crunchy cabbage & carrot. This salad is the perfect balance of flavours and textures. It's sure to be a hit any night of the week!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Rhea Hsu

 ***NEW Simple & Save**

 **Strandveld | First Sighting Sauvignon Blanc**

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Ingredients & Prep

5ml	Mixed Sesame Seeds
40g	Corn
150g	Free-range Chicken Mini Fillets
5ml	NOMU Oriental Rub
50ml	Asian Dressing <i>(30ml Greek Yoghurt, 10ml Low Sodium Soy Sauce, 5ml Sesame Oil & 5ml Rice Wine Vinegar)</i>
10g	Fresh Ginger <i>peeled & grated</i>
100g	Cabbage <i>thinly sliced</i>
120g	Carrot <i>½ peeled & cut into matchsticks or grated</i>
20g	Green Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)

1. OPEN SESAME Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

2. CHAR THE CORN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. THE STAR OF THE SHOW 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 minute, baste the chicken with a knob of butter (optional) and the NOMU rub. Remove from the pan, season, and set aside.

4. SLAW In a salad bowl, combine the Asian dressing with the grated ginger, a sweetener, and seasoning. Toss through the charred corn, the sliced cabbage, the grated carrot or carrot matchsticks, the shredded green leaves, and ½ the toasted sesame seeds.

5. SET THE TABLE Dish up the Asian slaw salad and top with the juicy chicken. Sprinkle over the remaining sesame seeds. Dig in, Chef!

Nutritional Information

Per 100g

Energy	357kJ
Energy	85kcal
Protein	8.7g
Carbs	6g
of which sugars	2.4g
Fibre	1.7g
Fat	2.5g
of which saturated	0.6g
Sodium	145mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within 3
Days