



UCCOOK

Peanut-soy Chicken Salad

with edamame beans & fresh mango

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 1 & 2

Chef: Jemimah Smith

Wine Pairing: Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

Nutritional Info	Per 100g	Per Portion
Energy	526kJ	2921kJ
Energy	126kcal	699kcal
Protein	9.6g	53.2g
Carbs	7g	37g
of which sugars	4g	22.3g
Fibre	1.4g	7.8g
Fat	6.8g	37.9g
of which saturated	2.5g	13.8g
Sodium	92mg	512mg

Allergens: Sulphites, Peanuts, Gluten, Tree Nuts, Wheat, Soya

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Free-range Chicken Breast/s
10ml	20ml	Lime Juice
40ml	80ml	Peanut-soy (32.5ml [65ml] Peanut Butter & 7.5ml [15ml] Low Sodium Soy Sauce)
40g	80g	Salad Leaves <i>rinse & roughly shred</i>
100g	200g	Cucumber <i>rinse & peel into ribbons</i>
50ml	100ml	Coconut Cream
10g	20g	Cashew Nuts <i>roughly chop</i>
100g	200g	Mango Fingers <i>cut into bite-sized chunks</i>
10g	20g	Piquanté Peppers <i>drain</i>
40g	80g	Edamame Beans

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter (optional)

1. CASHEWS IS KING Place the cashews in a pan (with a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. PLUMP BEANS Boil the kettle. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

3. PEANUT-SOY SAUCE In a bowl, combine the peanut-soy with the coconut cream, the lime juice (to taste), and loosen with water in 5ml increments until drizzling consistency. Set aside.

4. GOLDEN CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter (optional). Remove from the pan and rest for 5 minutes before slicing and seasoning. Alternatively, air fry at 200°C until cooked through, 10-12 minutes (shifting halfway).

5. PREP THE SALAD To a salad bowl, add the salad leaves, cucumber, peppers, edamame beans, mango, a drizzle of olive oil and seasoning. Toss and set aside.

6. SENSATIONAL SATAY SUPPER Plate up a bed of the fresh salad and top with the chicken. Drizzle with the peanut-soy dressing and garnish with the nuts.