



U C O O K

— COOKING MADE EASY

Sticky Vietnamese Chicken

with jasmine rice, sautéed spinach & pickled edamame beans

Free-range chicken pieces reach peak performance with a delectably sticky marinade: a blend of honey, chilli, lime, soy, ginger, and garlic. It's full-spectrum flavour, completed by zesty jasmine rice and silky spinach.

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Deon Huysamer

 **Easy Peasy**

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Ingredients & Prep

25ml	Salty Sauce <i>(15ml Fish Sauce & 10ml Soy Sauce)</i>
90ml	Pickling Liquid <i>(40ml Honey & 50ml Rice Wine Vinegar)</i>
1	Garlic Clove <i>peeled & grated</i>
15g	Fresh Ginger <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & finely chopped</i>
2	Free-Range Chicken Pieces
50g	Edamame Beans
20g	Radish <i>rinsed & thinly sliced</i>
100ml	Jasmine Rice
1	Lime <i>one half zested & cut into wedges</i>
50g	Spinach <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. STICKY CHICKEN MARINADE Preheat the oven to 200°C. Boil the kettle for step 2. Combine the salty sauce with 2 tsp of oil and half of the pickling liquid. Mix in the grated ginger and garlic, the juice of 1 lime wedge, and the chopped chilli to taste. Pat the chicken dry with some paper towel and place on a roasting tray. Pour over half of the marinade, toss to coat, and set aside to marinate for at least 10 minutes.

2. PICKLE THE VEGGIES Submerge the edamame beans in boiling water for 1-2 minutes until heated. Drain on completion and place in a bowl with the sliced radish and the remaining pickling liquid. Toss to coat and set aside to pickle.

3. ROAST THE GLAZED CHICKEN Once the chicken has marinated, roast in the hot oven for 30-35 minutes until cooked through and crispy. At the halfway mark, baste with the rest of the marinade and return to the oven for the remaining cooking time.

4. FLUFFY JASMINE RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 150ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 10 minutes until the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff with a fork. Stir through the lime zest to taste, replace the lid, and set aside until serving.

5. SAUTÉ THE SPINACH When the chicken has 5 minutes to go, place a pan over a medium-high heat with a drizzle of oil. When hot, sauté the shredded spinach for 3-4 minutes until wilted. Remove from the pan on completion, season, and squeeze over the juice of 1 lime wedge.

6. REAP YOUR REWARDS Make a bed of zesty rice. Top with the sautéed spinach, pickled veggies, and glazed chicken. Spoon over any remaining marinade from the tray and garnish with any remaining lime zest and chilli to taste. Good work, Chef!



Chef's Tip

The longer you marinate the meat, the better! So, if time is on your side, complete the marinating step an hour or two before you plan to start cooking. You can even marinate it in the fridge overnight!

Nutritional Information

Per 100g

Energy	689kJ
Energy	165Kcal
Protein	10.3g
Carbs	19g
of which sugars	7.4g
Fibre	1.1g
Fat	5.2g
of which saturated	1.3g
Sodium	418mg

Allergens

Gluten, Allium, Wheat, Sulphites, Fish, Soy

Cook
within 3
Days