



UCCOOK

Golden Chicken Bites & Millet

with charred bell pepper & carrot

Here's an interesting fact, Chef: Meatballs didn't originate in Italy but in ancient Persia (in the form of lamb koftas). Today you will enjoy these mouthwatering mouthfuls in a combo of chicken mince, onion & ginger. These are accompanied by veggie-loaded millet and umami-fied with a soy & sesame oil drizzle.


Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Megan Bure

 Simple & Save

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc

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Ingredients & Prep

225ml	Millet
2	Onions <i>peel, finely dice 1 & roughly slice 1</i>
2	Bell Peppers <i>rinse, deseed & cut 1½ into thin strips</i>
240g	Carrot <i>rinse, trim, peel & cut into thin strips</i>
450g	Free-range Chicken Mince
30g	Fresh Ginger <i>peel & grate</i>
60g	Green Leaves <i>rinse & roughly shred</i>
45ml	Sesame Soy <i>(15ml Sesame Oil & 30ml Low Sodium Soy Sauce)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)

1. MAKE THE MILLET Place the millet in a pot over medium heat. Toast until fragrant, 2-4 minutes (shifting occasionally). Add 450ml of salted water and a drizzle of olive oil. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 10-12 minutes. Fluff with a fork and cover.

2. COLOURFUL VEG Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sliced onion, the pepper strips, and the carrot strips until lightly charred, 6-8 minutes. Remove from the pan, place in a bowl, and season.

3. FLAVOURBOMBS In a separate bowl, combine the mince, the diced onion (to taste), the grated ginger, and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Return the pan, wiped down if necessary, to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the meatballs until browned and cooked through, 3-4 minutes (shifting occasionally). Remove from the pan.

4. SOY GOOD To the bowl with the charred veggies, mix in the fluffy millet, the shredded green leaves, a drizzle of olive oil, and seasoning. In a small bowl, combine the sesame soy with 30ml of water.

5. GET SOME DIN DIN Plate up the loaded millet salad, top with the golden chicken bites, and drizzle over the sesame soy dressing. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	420kJ
Energy	100kcal
Protein	6g
Carbs	12g
of which sugars	2.2g
Fibre	2.1g
Fat	3.3g
of which saturated	0.7g
Sodium	87mg

Allergens

Gluten, Allium, Sesame, Wheat, Soy

Cook
within 1
Day