



UCCOOK

Sticky Pomegranate Chicken

with coconut rice & gem squash

Chicken pieces are roasted and covered in a coconut crumb and sweet pomegranate glaze whilst they bake. Gem squash halves are roasted right alongside for ease and speed. This dish is served with coconut rice and topped with dried pomegranate gems.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

 Fan Faves

 Strandveld | Grenache

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Ingredients & Prep

75ml	Jasmine Rice
100ml	Coconut Milk
2	Free-range Chicken Pieces
1	Gem Squash <i>halved & deseeded</i>
15ml	Desiccated Coconut
20ml	Panko Breadcrumbs
30ml	Sweet Glaze <i>(10ml Sweet Chilli Sauce, 15ml Pomegranate Juice & 5ml Low Sodium Soy Sauce)</i>
1	Garlic Clove <i>peeled & grated</i>
5g	Fresh Ginger <i>peeled & grated</i>
10g	Dried Pomegranate Gems

From Your Kitchen

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

1. COCONUT RICE Preheat the oven to 200°C. Rinse the rice under cold water until it runs clear. Place in a lidded pot, over medium-high heat with 100ml of salted water and the coconut milk. Once boiling, reduce the heat and simmer until the liquid has been absorbed and the rice is tender, 10-20 minutes. Remove from the heat and fluff up with a fork.

2. CHICKEN & GEMS Place the chicken pieces on a roasting tray. Pat dry with paper towel, coat in oil, and season. Pop in the hot oven and roast until cooked through, 30-35 minutes. Lightly drizzle the gem squash halves with oil and season. Set aside.

3. WHAT A GEM! When the chicken has been in for 10 minutes, remove the tray from the oven and place the dressed gem squash halves on the roasting tray, cut-side up. Return to the hot oven and roast for the remaining time until cooked through and soft.

4. COCONUT CRUMB & SWEET GLAZE In a bowl, combine the desiccated coconut, the breadcrumbs, and seasoning. In a separate small bowl, combine the sweet glaze, 30ml of water, the grated garlic and ginger, and seasoning. Set aside. When the roast has 15 minutes remaining, remove the tray from the oven. Sprinkle the coconut crumb over the chicken and then pour over the sweet glaze mixture. Return to the oven for the remaining roasting time, until the chicken is sticky.

5. STICKY POM CHICKY! Plate up the coconut rice and side with the roasted gem squash and the sticky chicken pieces. Scatter over the dried pomegranate gems. Time to dine!

Nutritional Information

Per 100g

Energy	608kj
Energy	151kcal
Protein	8.1g
Carbs	18g
of which sugars	1.9g
Fibre	1.1g
Fat	7g
of which saturated	3.7g
Sodium	94mg

Allergens

Gluten, Allium, Wheat, Sulphites, Sugar
Alcohol (Xylitol), Soy

Cook
within 3
Days