

U COOK



Sweet-soy Chicken & Rice Bowl

with fresh cucumber & crispy wonton strips

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 3 & 4

Chef: Cara Marshall

Wine Pairing: Zevenwacht | The Tin Mine White

Nutritional Info	Per 100g	Per Portion
Energy	712kJ 170kcal	3636kJ 870kcal
Protein	9.5g	48.5g
Carbs	25g	126g
of which sugars	4.4g	22.3g
Fibre	1.1g	5.5g
Fat	3.7g	19g
of which saturated	0.6g	3.1g
Sodium	251mg	1282mg

Allergens: Sulphites, Egg, Gluten, Wheat, Soya, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	Serves 4	
300ml	400ml	White Basmati Rice <i>rinse</i>
15	20	Wonton Wrappers <i>cut into 2cm thick strips</i>
180ml	240ml	Sweet-Citrus Soy (90ml [120ml] Orange Juice, 45ml [60ml] Low Sodium Soy Sauce & 45ml [60ml] Honey)
30g	40g	Fresh Ginger <i>peel & grate</i>
2	2	Garlic Cloves <i>peel & grate</i>
450g	600g	Free-range Chicken Mini Fillets
30ml	40ml	Cornflour
150ml	200ml	Sriracha Mayo (120ml [160ml] Hellmann's Tangy Mayonnaise & 30ml [40ml] Sriracha Sauce)
150g	200g	Cucumber <i>rinse & roughly dice</i>
2	2	Spring Onions <i>rinse, trim & finely slice</i>
90g	120g	Kimchi <i>roughly chop</i>

1. FLUFFY RICE Place the rice in a pot with 600ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. CRISPY WONTON STRIPS Place a pan over high heat with enough oil to cover the base. When hot, fry the wonton strips until crispy and golden, 30-60 seconds per side. You may need to do this step in batches. Drain on paper towel and season.

3. CITRUS-SOY CHICKEN In a bowl, combine the sweet citrus soy, the ginger and garlic, and some seasoning. Set aside. Pat the chicken dry with paper towel. Cut into bite-sized pieces and coat in the cornflour. Return the pan to medium heat with enough oil to cover the base. Fry the chicken until browned, 1-2 minutes per side. Remove from the heat and drain the oil. Add the sweet citrus soy sauce and a splash of water to the pan with the chicken. Return the pan to medium heat and simmer until slightly thickened, 3-4 minutes. Remove from the heat.

4. SRIRACHA MAYO SAUCE In a small bowl, loosen the sriracha mayo with water in 5ml increments until a drizzling consistency.

5. YUM YUM RICE BOWLS Bowl up the rice. Top with the chicken and all the sauce, and the cucumber. Drizzle over the loosened sriracha mayo. Scatter over the toasted wonton strips. Garnish with the spring onion and the kimchi.

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel