



UCCOOK

Vietnamese-style Chicken

with toasted peanuts

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Delheim Wines | Delheim Staying Alive Riesling

Nutritional Info

	Per 100g	Per Portion
Energy	324kJ	1647kJ
Energy	77kcal	394kcal
Protein	8.8g	44.6g
Carbs	5g	25g
of which sugars	2g	10g
Fibre	1.5g	7.8g
Fat	2.4g	12.4g
of which saturated	0.5g	2.3g
Sodium	238mg	1210mg

Allergens: Cow's Milk, Allium, Peanuts, Fish, Shellfish

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
8g	10g	Fresh Coriander <i>rinse & roughly chop</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
2	2	Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
90ml	120ml	Citrus Umami Blend <i>(60ml [80ml] Lime Juice & 30ml [40ml] Fish Sauce)</i>
240g	240g	Carrot <i>rinse, trim & peel into ribbons</i>
300g	400g	Cucumber <i>rinse & cut into thin matchsticks</i>
120g	160g	Green Leaves <i>rinse & shred</i>
45g	60g	Peanuts <i>roughly chop</i>
3	4	Free-range Chicken Breasts
30ml	40ml	NOMU One For All Rub

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter
Seasoning (salt & pepper)

1. TANGY & TASTY To a bowl, add ½ the coriander, the chilli (to taste), the ginger, the spring onion whites, the tangy dressing, a sweetener (to taste), a generous drizzle of olive oil and seasoning. Toss with the carrot, the cucumber and the salad leaves. Set aside.

2. TOASTED PEANUTS Place the peanuts 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.

3. ORIENTAL 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 and the NOMU rub. You may need to do this step in batches. Remove from the pan, reserving any pan juices, and rest for 5 minutes before slicing and seasoning.

4. SENSATIONAL SALAD Serve up the delicious dressed salad and top with the sliced chicken. Drizzle over any remaining dressing and pan juices. Garnish with the toasted peanuts, the remaining coriander, and the spring onion greens. Enjoy, Chef!