

# UCCOOK

## Chicken & Broccoli Satay Salad

with charred broccoli & fresh lime

**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Megan Bure

**Wine Pairing:** Zevenwacht | The Tin Mine White

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 437kJ    | 2359kJ      |
| Energy             | 105kcal  | 564kcal     |
| Protein            | 10.1g    | 54.6g       |
| Carbs              | 5g       | 26g         |
| of which sugars    | 1.2g     | 6.6g        |
| Fibre              | 2.2g     | 11.7g       |
| Fat                | 4.9g     | 26.6g       |
| of which saturated | 1g       | 5.3g        |
| Sodium             | 121mg    | 653mg       |

**Allergens:** Sulphites, Peanuts, Gluten, Sugar Alcohol (Sweetener), Wheat, Soya, Allium

**Spice Level:** Mild

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                 |
|----------|------------|---------------------------------------------------------------------------------|
| 10ml     | 20ml       | Low Sodium Soy Sauce                                                            |
| 150g     | 300g       | Free-range Chicken Mini Fillets                                                 |
| 7,5ml    | 15ml       | Chicken Marinade<br>(5ml [10ml] Medium Curry Powder & 2.5ml [5ml] Ground Cumin) |
| 1        | 1          | Garlic Clove<br><i>peel &amp; grate</i>                                         |
| 10g      | 20g        | Peanuts<br><i>roughly chop</i>                                                  |
| 150g     | 300g       | Broccoli Florets<br><i>cut into bite-sized pieces</i>                           |
| 30ml     | 60ml       | Peanut Butter                                                                   |
| 15ml     | 30ml       | Carb Smart Sweet Chilli Sauce                                                   |
| 15ml     | 30ml       | Lime Juice                                                                      |
| 40g      | 80g        | Green Leaves<br><i>rinse &amp; roughly shred</i>                                |
| 100g     | 200g       | Cucumber<br><i>rinse &amp; peel into ribbons</i>                                |
| 3g       | 5g         | Fresh Coriander<br><i>rinse, pick &amp; roughly chop</i>                        |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Butter (optional)

1. **CHICKY MARINADE** Place the soy sauce and chicken in a bowl. Add the chicken marinade and garlic. Season and 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. **CHARRED BROC** Return the pan to medium-high heat with a drizzle of oil or a knob of butter. Fry the broccoli until lightly charred, 5-6 minutes (shifting occasionally). Add a splash of water, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan and season.

4. **SATAY SAUCE** Place the peanut butter, sweet chilli sauce, and lime juice into a bowl. Season and add water in 10ml increments until drizzling consistency. Set aside.

5. **GOLDEN FRIED CHICKEN** Return the pan to medium-high heat with a drizzle of oil. Fry the marinated chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

6. **SUPER SALAD** Plate up the salad leaves, broccoli, and cucumber. Top with the tender chicken strips. Scatter the toasted peanuts over it all and finish with lashings of the satay sauce. Garnish with the coriander. Wow, Chef!