



UCCOOK

Coconut-lime Chicken & Butter Bean Mash

with roasted pumpkin & fresh coriander

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Jemimah Smith

Wine Pairing: Creation Wines | Creation Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	346kJ	2872kJ
Energy	83kcal	687kcal
Protein	6g	50.1g
Carbs	8g	67g
of which sugars	2.3g	19g
Fibre	1.8g	15.2g
Fat	2.9g	24.1g
of which saturated	2.1g	17.5g
Sodium	153mg	1271mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
150g	300g	Free-range Chicken Mini Fillets
1	1	Onion <i>peel & roughly dice ½ [1]</i>
1	1	Garlic Clove <i>peel & grate</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
100ml	200ml	Coconut Cream
1	2	Chicken Stock Sachet/s
120g	240g	Butter Beans <i>drain & rinse</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
10ml	20ml	Lime Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Milk (optional)
Paper Towel
Seasoning (salt & pepper)
Butter
Blender

1. GOLDEN PUMPKIN Preheat the oven to 200°C. Spread the pumpkin on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. CHICKEN Boil the kettle. Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

3. COCONUT SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the garlic and ginger and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the coconut cream, the chicken stock, and 100ml [200ml] of boiling water. Simmer until reduced slightly, 5-6 minutes (shifting occasionally).

4. SILKY PURÉE Place a pot over medium-high heat with the beans and 40ml [80ml] of milk (optional) or water. Once boiling, remove from the heat and stir in a drizzle of oil or a knob of butter. Place in a blender or mash with a fork until the desired consistency. If it's too thick, add a splash of milk (optional) or water. Season and cover to keep warm.

5. ADD MORE FLAVOUR Once the sauce is done, remove it from the heat and mix through the chicken, the pumpkin pieces, the chilli (to taste), ½ the coriander and the lime juice (to taste). Season and remove from the heat.

6. SERVE AND SAVOUR Make a bed of the butter bean mash and top with the coconut lime chicken. Garnish with the remaining coriander and chilli (if you want more heat).