

U C O O K

— COOKING MADE EASY

HEARTY THAI CHICKEN SOUP

with pak choi & a gluten-free wrap

A Thai green chicken... soup! What a way to warm up your evening and your soul. With tender shredded chicken, fresh salsa, and a toasted gluten-free wrap to mop up every drop!

Hands-On Time: 35 minutes

Overall Time: 40 minutes

Serves: 4 People

Chef: Kate Gomba



Health Nut

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Ingredients & Prep

20ml	Black Sesame Seeds
400g	Baby Tomatoes rinsed & quartered
3	Spring Onions thinly sliced
400g	Pak Choi
40ml	Vegetable Stock
600g	Free-Range Chicken Mini Fillets
40g	Ginger peeled & grated
2	Chillies deseeded & finely chopped
30ml	Thai Green Curry Paste
800ml	Coconut Milk
4	Gluten Free Wraps

From Your Kitchen

Oil (cooking, olive or coconut)
Sugar/Sweetener/Honey
Salt & Pepper
Water
Paper Towel

1. TOASTED SESAME SEEDS Place a pot (large enough for the curry) over a medium heat. When hot, toast the sesame seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pot on completion and set aside to cool.

2. OTHER PREP Boil the kettle. Place the quartered baby tomatoes and the sliced spring onion in a bowl with a drizzle of olive oil and a pinch of salt. Toss and set aside. Remove the base of the pak choi where the leaves join. Separate the leaves and rinse well. Cut off the stems and thinly slice them. Slice the leaves in half lengthways. Dilute the stock with 125ml of boiling water.

3. SHREDDED CHICKEN Rinse the chicken mini fillets to get rid of any residue and pat dry with some paper towel. Return the pot to a medium heat with a drizzle of oil. When hot, fry the chicken mini fillets for 3-4 minutes per side until golden and cooked through. You may need to do this step in batches. Remove from the pot on completion and place in a shallow dish. Shred the chicken by using two forks to gently pull it apart and break it up into shards.

4. THAI CHICKEN SOUP Return the pot to a medium heat with another drizzle of oil, if necessary. When hot, add the pak choi stems, the grated ginger, and the chopped chilli to taste. Sauté for 1-2 minutes until fragrant. Add in half of the curry paste and fry for about a minute. Slowly pour in the coconut milk and diluted stock, stirring constantly. Bring to a simmer and cook for 5-6 minutes. In the final minute, add the pak choi leaves, shredded chicken, and more curry paste if you have a spicier palate. On completion, remove from the heat and stir in a sweetener of choice to taste.

5. TOAST THE WRAPS Place a pan over a medium heat. When hot, dry toast the wraps one at a time for about a minute per side until lightly golden. Remove from the pan on completion and repeat with the other wraps. Cut each wrap into quarters.

6. TUCK IN! Dish up bowls of the vibrant chicken curry soup. Top with the tomato salsa and garnish with the toasted sesame seeds. Use the toasted wrap quarters as dippers. Well done, Chef!



Chef's Tip

Including lots of green veggies in your diet is important as they are some of the most nutrient dense-foods. They're packed with vitamins, minerals, fibre, and a variety of antioxidants, while remaining low in calories.

Nutritional Information

Per 100g

Energy	445kJ
Energy	106Kcal
Protein	7g
Carbs	7g
of which sugars	1g
Fibre	2g
Fat	5g
of which saturated	4g
Salt	1g

Allergens

Dairy, Sesame, Sulphites

Cook
within 3
Days