



UCOOK

Thai Chicken Tenders

with coconut rice & a side salad

These Thai-style chicken tenders are crunchy, sticky, and irresistible all at once. Chicken strips are coated in a cashew & panko crumb, then fried until golden & crunchy before being smothered in a sweet-soy sauce. This yummy goodness sits atop a bed of fluffy ginger-infused coconut rice. Sided with a fresh carrot salad. Absolutely addictive!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Kate Gomba

Adventurous Foodie

KWV - The Mentors | KWV The Mentors
Cabernet Franc

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Ingredients & Prep

200ml	Jasmine Rice <i>rinse</i>
20g	Fresh Ginger <i>peel & grate</i>
400ml	Coconut Milk
60ml	Cake Flour
30g	Cashew Nuts <i>finely chop</i>
200ml	Panko Breadcrumbs
300g	Free-range Chicken Mini Fillets
220ml	Sweet-soy <i>(200ml Thai Sweet Chilli Sauce & 20ml Low Sodium Soy Sauce)</i>
30ml	Lemon Juice
40g	Piquanté Peppers <i>drain</i>
40g	Salad Leaves <i>rinse & roughly shred</i>
120g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Egg/s

1. IT'S ALL IN THE INFUSION Place the rinsed rice, the grated ginger, the coconut milk, and 100ml of salted water in a pot over medium-high heat. Cover with the lid and bring to the boil. Reduce the heat and simmer until the liquid has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. CRUMBY CHICKY In a shallow dish, whisk 1 egg with 1 tbsp of water. Prepare two more shallow dishes: one containing the flour (lightly seasoned) and the other containing a mixture of the chopped cashews and the breadcrumbs. Coat the chicken strips in the flour first, then in the egg, and, lastly, in the cashew crumb mixture.

3. NOW FOR THE FRYING Place a pan over medium-high heat with enough oil to cover the base. When hot, fry the crumbed chicken until golden and cooked through, 1-2 minutes per side. Drain on paper towel.

4. STICKY COATING Drain the oil from the pan. Return the pan to medium heat with the sweet-soy and the ½ the lemon juice. When starting to bubble, add the fried chicken and the peppers. Simmer until the sauce is sticky and the chicken & peppers are coated, 2-3 minutes (shifting occasionally).

5. TOUCH OF FRESHNESS In a salad bowl, combine the shredded salad leaves, the carrot matchsticks, the remaining lemon juice, and seasoning.

6. TIME TO EAT Make a bed of the coconut rice and top with the sticky chicken. Side with the dressed salad. Well done, Chef!



Chef's Tip

Air fryer method: Air fry the crumbed chicken at 200°C until crispy, 10-15 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	687kj
Energy	164kcal
Protein	6.5g
Carbs	79g
of which sugars	8g
Fibre	1.2g
Fat	4.7g
of which saturated	3.1g
Sodium	297mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Tree Nuts, Soy

Eat
Within
3 Days