



# UCOOK

## Thai Peanut Chicken

**with broccoli & fresh coriander**

Succulent chicken mini fillets, peanut butter, kidney beans, soy sauce, chilli and coconut milk come together to create the most luscious and flavourful Thai peanut chicken! It is served with broccoli and is finished off with a sprinkling of aromatic coriander. Your taste buds will thank you!

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**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Megan Bure

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 Carb Conscious

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 Simonsig | Kaapse Vonkel Satin Nectar

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## Ingredients & Prep

450g	Broccoli Florets <i>cut into bite-sized pieces</i>
15ml	NOMU Roast Rub
450g	Free-range Chicken Mini Fillets
2	Spring Onions <i>finely sliced, keeping the white &amp; green parts separate</i>
2	Fresh Chillies <i>deseeded &amp; finely chopped</i>
30ml	Spice & All Things Nice Thai Red Curry Paste
45ml	Lemon Juice
15ml	Low Sodium Soy Sauce
300ml	Coconut Milk
12g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>
45ml	Peanut Butter
180g	Kidney Beans <i>drained &amp; rinsed</i>

## From Your Kitchen

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

**1. WE WILL BROCC YOU!** Place a pan, with a lid, over a medium-high heat with a drizzle of oil. When hot, fry the broccoli pieces until lightly charred, 6-7 minutes. Add a splash of water and ½ the NOMU rub, cover with the lid, and simmer until cooked but still al dente, 1-2 minutes. Remove from the pan and season.

**2. GOLDEN CHICKEN** Return the pan to a medium heat with a drizzle of oil. When hot, fry the chicken mini fillets until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan and set aside.

**3. CURRY CURRY, HOW HE THRILLS ME!** Return the pan to a medium heat with a drizzle of oil. When hot, add the sliced spring onion whites, ½ the chopped chilli (to taste), the remaining rub, and the curry paste (to taste). Fry until fragrant, 2-3 minutes (shifting constantly).

**4. ALMOST THERE** Add the lemon juice, the soy sauce, a sweetener, the coconut milk, 300ml of warm water, and ½ the chopped coriander to the pan. Mix until fully combined. Reduce the heat and leave to simmer until slightly reduced and thickened, 10-12 minutes (stirring occasionally).

**5. FINISHING TOUCHES** When the sauce has 2-3 minutes remaining, stir through the peanut butter, the drained kidney beans, and the cooked chicken. Remove from the heat, add ½ the broccoli, and season to taste.

**6. CHICKEN & PEANUT PERFECTION!** Bowl up the Thai peanut chicken and top with the remaining broccoli. Sprinkle over the spring onion greens, the remaining coriander, and chilli (to taste). Tuck in, Chef!

## Nutritional Information

Per 100g

Energy	442kJ
Energy	106kcal
Protein	9.4g
Carbs	5g
of which sugars	1g
Fibre	2.2g
Fat	4.9g
of which saturated	2.9g
Sodium	112mg

## Allergens

Gluten, Allium, Peanuts, Wheat, Sulphites, Soy

Cook  
within 2  
Days