



# 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!

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Adventurous Foodie

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KWV - The Mentors | KWV The Mentors  
Cabernet Franc

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## Ingredients & Prep

|       |                                                                                     |
|-------|-------------------------------------------------------------------------------------|
| 100ml | Jasmine Rice<br><i>rinse</i>                                                        |
| 10g   | Fresh Ginger<br><i>peel &amp; grate</i>                                             |
| 200ml | Coconut Milk                                                                        |
| 30ml  | Cake Flour                                                                          |
| 15g   | Cashew Nuts<br><i>finely chop</i>                                                   |
| 100ml | Panko Breadcrumbs                                                                   |
| 150g  | Free-range Chicken Mini Fillets                                                     |
| 110ml | Sweet-soy<br><i>(100ml Thai Sweet Chilli Sauce &amp; 10ml Low Sodium Soy Sauce)</i> |
| 15ml  | Lemon Juice                                                                         |
| 20g   | Piquanté Peppers<br><i>drain</i>                                                    |
| 20g   | Salad Leaves<br><i>rinse &amp; roughly shred</i>                                    |
| 120g  | Carrot<br><i>rinse, trim, peel &amp; 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 50ml 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