

UCOOK

Weber's Huli Huli Hawaiian Chicken

with a roasted veg medley & charred pineapple rings

It's sticky, it's juicy, and it's tasty! Chicken drumsticks are roasted in the oven or cooked on the Weber in a Hawaiian-inspired marinade of tomato sauce, soy sauce, rice vinegar, and coconut sugar. Sided with a charred pineapple & veg medley and sprinkled with coriander & spring onion for a kick of freshness.

Hands-on Time: 40 minutes

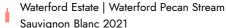
Overall Time: 60 minutes

Serves: 4 People

Chef: Thea Richter



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Ingredients & Prep

300ml Brown Rice rinsed

310ml

40g

2

800g

Huli Huli Sauce (170ml Tomato Sauce, 80ml Low Sodium Soy Sauce & 60ml Rice W

Sauce & 60ml Rice Wine
Vinegar)
Coconut Sugar

peeled & grated

Fresh Ginger

Garlic Cloves

8 Free-range Chicken Drumsticks 2 Red Onions

peeled & cut into wedges
 Green Bell Peppers

 rinsed, deseeded & cut into

thick strips

8 Pineapple Rings
drained

Baby Marrow rinsed, trimmed & halved lengthways

15g Fresh Coriander rinsed & picked

2 Spring Onions finely sliced

From Your Kitchen

Oil (cooking, olive or coconut) Salt & Pepper Water

Tinfoil (for Weber)
Paper Towel

1. NICE RICE Prepare the oven or the Weber according to the Chef's Tip instructions. Place the rinsed rice in a pot over medium-high heat. Submerge in 800ml of salted water and pop on a lid. Once boiling,

reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. Drain if necessary and fluff up with a fork.

2. OVEN ROASTING OPTION In a bowl, combine the huli huli sauce, the coconut sugar, the grated ginger & garlic, a drizzle of oil, and seasoning. Place the chicken drumsticks on half of a roasting tray. Pat

dry with paper towel. Coat in ½ the marinade. Place the onion wedges and the pepper strips on the other half of the tray. Coat in oil and season. Use two trays, if necessary. Roast in the hot oven for 35-40 minutes until

cooked through, shifting halfway. When there are 10 minutes remaining, pour the remaining marinade over the chicken. Place a pan over high heat with a drizzle of oil. When hot, add the drained pineapple rings and brown for 1-2 minutes per side, until charred. Remove from the pan.

Return the pan to high heat with a drizzle of oil. When hot, add the baby

marrow halves and brown for 2-3 minutes per side until charred.

3. WEBER BRAAI OPTION Pat the chicken drumsticks dry with paper towel and season. Place in a bowl and coat in ½ the marinade. Place the onion wedges and the pepper strips in a tinfoil parcel with the top open. Season and coat in oil. Once the coals are ready in the Weber and your grid is cleaned down, place the marinated chicken over a medium hot area of the grid. Braai for 14-18 minutes, flipping and basting with the remaining marinade every 2 minutes. Place the veg parcel on the coolest area of the coals, tossing occasionally, until cooked through. Place the

drained pineapple rings and the baby marrow halves on the grid and

tinfoil parcel before plating.

braai for 3-4 minutes per side or until charred. Remove the veg from the

4. ALOHA, DINNER! Make a bed of the brown rice. Top with the sticky huli huli chicken and any remaining tray juices (if the oven was used). Side with the charred pineapple rings, baby marrow, onion wedges, and pepper strips. Sprinkle over the picked coriander and the sliced spring onion. Finish off with a drizzle of olive oil. Time to dine, Chef!



If you're using a charcoal Weber, prepare enough coals for a hot fire. Alternatively, you can also use a Weber Genesis Gas braai to cook this tasty meal. Otherwise, preheat the oven to 200°C.

Nutritional Information

Per 100g

| Energy | 415kJ |
|--------------------|--------|
| Energy | 99kcal |
| Protein | 6.9g |
| Carbs | 11g |
| of which sugars | 4.7g |
| Fibre | 1.5g |
| Fat | 3.3g |
| of which saturated | 0.9g |
| Sodium | 140mg |
| | |

Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Cook within 3 Days