

# UCCOOK

## Chicken Satay Salad

with edamame beans & fresh mango

Fun foodie fact, Chef! The origin of the word 'salad' is Latin (herba salta), which means 'salted herbs'. The salty element in today's special salad is a peanut-soy sauce, made into a dressing with coconut cream & lime juice. This is drizzled over golden strips of chicken, edamame beans, dried mango, piquanté peppers & fresh greens.

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**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People

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**Chef:** Jemimah Smith

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Carb Conscious

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Waterford Estate | Waterford Grenache Noir

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## Ingredients & Prep

40g	Cashew Nuts <i>roughly chop</i>
160g	Edamame Beans
160ml	Peanut-soy <i>(130ml Peanut Butter &amp; 30ml Low Sodium Soy Sauce)</i>
200ml	Coconut Cream
40ml	Lime Juice
4	Free-range Chicken Breasts
160g	Salad Leaves <i>rinse &amp; roughly shred</i>
400g	Cucumber <i>rinse &amp; peel into ribbons</i>
40g	Piquanté Peppers <i>drain</i>
400g	Mango Fingers <i>cut into bite-sized chunks</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter (optional)

**1. CASHEWS IS KING** Place the chopped cashews in a pan (with a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**2. PLUMP BEANS** Boil the kettle. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

**3. PEANUT-SOY SAUCE** In a bowl, combine the peanut-soy with the coconut cream, the lime juice (to taste), and loosen with water in 5ml increments until drizzling consistency. Set aside.

**4. GOLDEN CHICKEN** Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter (optional). Remove from the pan and rest for 5 minutes before slicing and seasoning.

**5. PREP THE SALAD** To a salad bowl, add the shredded leaves, the cucumber ribbons, the drained peppers, the plumped edamame beans, the diced mango, a drizzle of olive oil and seasoning. Toss and set aside.

**6. SENSATIONAL SATAY SUPPER** Plate up a bed of the fresh salad and top with the sliced chicken. Drizzle with the peanut-soy dressing and garnish with the toasted nuts.



## Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat in oil and season. Air fry at 200°C until cooked through, 10-12 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	475kj
Energy	114kcal
Protein	9.2g
Carbs	7g
of which sugars	4g
Fibre	1.3g
Fat	5.7g
of which saturated	2.3g
Sodium	99mg

## Allergens

Gluten, Peanuts, Wheat, Sulphites, Tree Nuts, Soy

Eat  
Within  
2 Days