

UCCOOK

Chicken & Wasabi Mash

with pickled radish

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	348kj	2062kj
Energy	83kcal	493kcal
Protein	8.3g	48.9g
Carbs	10g	60g
of which sugars	3g	17g
Fibre	2g	9g
Fat	1.3g	7.9g
of which saturated	0.3g	1.5g
Sodium	70mg	415mg

Allergens: Sulphites, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: Hot

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
15ml	20ml	Wasabi Powder
300g	400g	Baby Marrow <i>rinse, trim & peel into ribbons</i>
120g	160g	Edamame Beans
1	1	Onion <i>peel & finely dice ¾ [1]</i>
120ml	160ml	Pickling Liquid <i>(90ml [120ml] White Wine Vinegar & 30ml [40ml] Honey)</i>
3	4	Free-range Chicken Breasts
15ml	20ml	Black Sesame Seeds
30ml	40ml	Low Sodium Soy Sauce

From Your Kitchen

Cooking Spray
Oil (cooking, olive or coconut) (optional)
Seasoning (salt & pepper)
Water
Paper Towel

1. MMMASH Place the potato in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add the wasabi (to taste), mash with a fork, season, and cover.

2. QUICK PICKLE In a bowl, add the baby marrow, edamame beans, onion, a splash of water and the pickling liquid. Toss to coat and season.

3. TASTY CHICKEN Place a pan (with a lid) over medium heat. Pat the chicken dry with paper towel and lightly coat with cooking spray or oil. 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. Remove from the pan and rest for 5 minutes before slicing and seasoning. Alternatively, air fry at 200°C until cooked through, 10-12 minutes (shifting halfway).

4. TIME TO EAT Dish up the mash alongside the chicken, the pickled veggies, and sprinkle over the sesame seeds. Drizzle over the soy sauce. Dig in, Chef!