



UCOOK

Sesame Chicken & Coconut Rice

with roasted gem squash & fresh mint

Sweet and sticky chicken legs are the star of this dish! Covered in the best sticky sauce you could ever imagine, and coated in crunchy sesame seeds, this isn't your average chicken dinner! Served alongside fluffy coconut basmati rice, tender gem squash, green leaves and fragrant mint.

Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jeannette Joynt

 Fan Faves

 No paired wines

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1	Free-range Chicken Leg Quarter
7,5ml	Sesame Oil
15ml	Low Sodium Soy Sauce
25ml	Asian BBQ Sauce
1	Garlic Clove <i>peeled & grated</i>
10g	Fresh Ginger <i>peeled & grated</i>
100ml	White Basmati Rice
100ml	Coconut Milk
1	Gem Squash <i>cut in half & deseeded</i>
20g	Green Leaves <i>rinsed</i>
5ml	White Sesame Seeds
4g	Fresh Mint <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. CHICKEN TIME! Preheat the oven to 200°C. Place the chicken on a roasting tray. Pat dry with some paper towel, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and becoming crispy, shifting halfway.

2. MARINADE MANIA In a bowl, combine the sesame oil, soy sauce, BBQ sauce, grated garlic, grated ginger, 10ml of water, and seasoning. Mix until fully combined.

3. CAN I GIVE YOU SOME AD-RICE? Rinse the rice under cold water until it runs clear. Place in a lidded pot, over medium-high heat with 100ml of salted water and the coconut milk. Once boiling, reduce the heat and simmer for 10-20 minutes until the water has been absorbed and the rice is tender. On completion, remove from the heat and fluff up with a fork.

4. RAD ROAST Once the chicken reaches the halfway mark, place the deseeded gem squash halves on a roasting tray, cut-side up. Lightly drizzle with oil and season to taste. Roast in the hot oven for the remaining time until cooked through and soft. In the final 5-8 minutes, pour the marinade over the chicken until fully coated. In a bowl, combine the rinsed green leaves with a drizzle of oil and seasoning.

5. WINNER WINNER, STICKY CHICKEN DINNER! Plate the sticky chicken with all the tray juices. Sprinkle over the sesame seeds. Side with a generous helping of the fluffy coconut rice, the roasted gem squash, and the dressed green leaves. Scatter over the chopped mint. Well done, Chef!



Chef's Tip

To allow more of the marinade to get into the chicken, poke the chicken pieces with a fork a few times before coating in the marinade.

Nutritional Information

Per 100g

Energy	684kJ
Energy	163Kcal
Protein	9.6g
Carbs	13g
of which sugars	2.8g
Fibre	0.8g
Fat	7.9g
of which saturated	3.2g
Sodium	121mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 3
Days