



UCOOK

Sweet Chilli Chicken Bake

with sesame oil & a cabbage slaw

Let's get a 'yay' for this recipe, Chef! This fuss-free, pop-it-in-the-oven recipe features a sensational Thai sweet chilli & soy marinade, which forms a deliciously sticky coat around the oven-baked chicken. Complemented with fluffy basmati rice and a yoghurt-coated cabbage & carrot slaw.

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Jemimah Smith

 Fan Faves

 Neil Ellis Wines | Neil Ellis Groenekloof Syrah
2021

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Ingredients & Prep

400ml	Sweet Chilli Sauce <i>(240ml Thai Sweet Chilli Sauce & 160ml Sweet Indo Soy Sauce)</i>
40ml	NOMU Spanish Rub
2	Garlic Cloves <i>peel & grate</i>
40g	Fresh Ginger <i>peel & grate</i>
8	Free-range Chicken Pieces
400ml	White Basmati Rice <i>rinse</i>
20ml	Black Sesame Seeds
400g	Cabbage <i>rinse & thinly slice</i>
240g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
200ml	Greek Yoghurt
10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. SWEET CHILLI CHICKEN Preheat the oven to 200°C. In a bowl, combine the sweet chilli sauce, ½ the NOMU rub, the grated garlic & ginger, and a splash of water. Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Coat in oil, the remaining NOMU rub, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). In the final 5 minutes, add the sweet chilli marinade.

2. READY THE RICE Place the rinsed rice in a pot with 900ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

3. TOAST THE SEEDS Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. CREAMY CABBAGE SLAW In a bowl, combine the shredded cabbage, the carrot matchsticks, ½ the toasted seeds, the yoghurt, ½ the chopped parsley, and seasoning.

5. YUM FOR THE TUM Plate up the fluffy rice and top with the sticky chicken & all the tray juices. Side with the cabbage slaw. Scatter over the remaining seeds and parsley. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	680kj
Energy	163kcal
Protein	8.7g
Carbs	55g
of which sugars	9.7g
Fibre	1.4g
Fat	4.3g
of which saturated	1.2g
Sodium	359mg

Allergens

Gluten, Allium, Sesame, Wheat, Soy,
Cow's Milk

Cook
within 3
Days