



UCOOK

Tangy Mongolian Chicken & Rice

with edamame beans & fresh coriander

If you've never tried a Mongolian meal, you're in for a spicy delight, Chef! Fluffy jasmine rice, dotted with plump edamame beans, forms the base of this dish. Topped with juicy chicken strips pan-fried in a special UCOOK spice mix and coated in an even more special Indo-sesame zing sauce. Served with fresh coriander.

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Hellen Mwanza

Simple & Save

Stettyn Wines | Stettyn Family Range Chenin Blanc

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Ingredients & Prep

100ml	Jasmine Rice <i>rinse</i>
50g	Edamame Beans
150g	Free-range Chicken Mini Fillets
30ml	Spice Mix <i>(25ml Cornflour, 2,5ml Dried Chilli Flakes & 2,5ml Chinese 5-spice)</i>
1	Garlic Clove <i>peel & grate</i>
10g	Fresh Ginger <i>peel & grate</i>
25ml	Indo-Sesame <i>(10ml Sweet Indo Soy Sauce, 5ml Sesame Oil & 10ml Rice Wine Vinegar)</i>
3g	Fresh Coriander <i>rinse & pick</i>

From Your Kitchen

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

1. RICE Place the rinsed rice in a pot with 200ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat, mix through the edamame beans, and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. CHICKEN Place a pan over medium heat with enough oil to cover the base. Pat the chicken dry with paper towel and cut into 1cm chunks. Coat in the spice mix and season. When the oil is hot, fry the chicken until cooked through, 1-2 minutes per side. Remove from the pan and drain on paper towel.

3. SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the grated garlic and the ginger until fragrant, 1-2 minutes. Mix in the Indo-Sesame sauce and 50ml of water. Simmer until slightly reduced, 2-3 minutes. Mix in the golden chicken pieces and remove from the heat.

4. DINNER IS READY Dish up the rice, top with the chicken, and all the sauce. Garnish with the fresh coriander and dig in, Chef!

Nutritional Information

Per 100g

Energy	833kj
Energy	199kcal
Protein	12.9g
Carbs	29g
of which sugars	2.9g
Fibre	1.3g
Fat	3.1g
of which saturated	0.5g
Sodium	165mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Eat
Within
3 Days