Eat Within 2 Days

UCOOK

Waterkloof's Sesame Chicken

with ginger rice & a side salad

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Waterkloof Wine Farm

Wine Pairing: Waterkloof | Revenant Wild Ferment Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	757kJ	3542kJ
Energy	181kcal	845kcal
Protein	8g	37.3g
Carbs	29g	136g
of which sugars	7.6g	35.4g
Fibre	1.4g	6.4g
Fat	3.2g	14.8g
of which saturated	0.7g	3.3g
Sodium	448mg	2096mg

Allergens: Sulphites, Egg, Gluten, Sesame, Tree Nuts, Wheat, Cow's Milk, Soya, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Jasmine Rice *rinse*
10g	20g	Fresh Ginger *peel & grate*
1	2	Crumbed Chicken Breast/s
75ml	150ml	Sweet-soy *(5ml [10ml] Sesame Oil, 60ml [120ml] Thai Sweet Chilli Sauce & 10ml [20ml] Low Sodium Soy Sauce)*
10g	20g	Piquanté Peppers *drain*
20g	40g	Salad Leaves *rinse & roughly shred*
75g	75g	Julienne Carrots
10ml	20ml	Lemon Juice
10g	20g	Cashew Nuts
15g	30g	Pickled Ginger *drain & roughly chop*

From Your Kitchen

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

1. GINGER RICE Place the rice and fresh ginger into a pot with 200ml [400ml] 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 and steam, 8-10 minutes. Fluff with a fork and cover.

2. CRUMBED CHICKEN Place a pan over medium heat with enough oil to cover the base. When hot, fry the crumbed chicken until browned, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season. Alternatively, air fry at 200°C until crispy and warmed through, 3-5 minutes.

3. SO-GOOD SWEET-SOY Drain the oil from the pan. Return the pan to medium heat with the sweet-soy and ½ the lemon juice. When starting to bubble, add the fried chicken and the peppers. Simmer until the sauce is sticky and the chicken is coated, 1-2 minutes (shifting occasionally). In a salad bowl, toss together the salad leaves, carrots, a drizzle of oil, the lemon juice (to taste) and seasoning. Set aside.

4. A MASTERPIECE Make a bed of the ginger rice and top with the sticky chicken. Side with the fresh salad and garnish with the nuts and pickled ginger. Well done, Chef!

Chef's Tip Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.