



UCOOK

Thai Peanut Chicken

with broccoli & fresh coriander

Succulent chicken mini fillets, peanut butter, kidney beans, soy sauce, chilli and coconut milk come together to create the most luscious and flavourful Thai peanut chicken! It is served with broccoli and is finished off with a sprinkling of aromatic coriander. Your taste buds will thank you!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Simonsig | Kaapse Vonkel Satin Nectar

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Ingredients & Prep

150g	Broccoli Florets <i>cut into bite-sized pieces</i>
5ml	NOMU Roast Rub
150g	Free-range Chicken Mini Fillets
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
1	Fresh Chilli <i>deseeded & finely chopped</i>
10ml	Spice & All Things Nice Thai Red Curry Paste
15ml	Lemon Juice
5ml	Low Sodium Soy Sauce
100ml	Coconut Milk
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
15ml	Peanut Butter
60g	Kidney Beans <i>drained & rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. WE WILL BROCC YOU! Place a pan, with a lid, over a medium-high heat with a drizzle of oil. When hot, fry the broccoli pieces until lightly charred, 6-7 minutes. Add a splash of water and ½ the NOMU rub, cover with the lid, and simmer until cooked but still al dente, 1-2 minutes. Remove from the pan and season.

2. GOLDEN CHICKEN Return the pan to a medium heat with a drizzle of oil. When hot, fry the chicken mini fillets until golden and cooked through, 1-2 minutes per side. Remove from the pan and set aside.

3. CURRY CURRY, HOW HE THRILLS ME Return the pan to a medium heat with a drizzle of oil. When hot, add the sliced spring onion whites, ½ the chopped chilli (to taste), the remaining rub, and the curry paste (to taste). Fry until fragrant, 1-2 minutes (shifting constantly).

4. ALMOST THERE Add the lemon juice, the soy sauce, a sweetener, the coconut milk, 100ml of warm water, and ½ the chopped coriander to the pan. Mix until fully combined. Reduce the heat and leave to simmer until slightly reduced and thickened, 6-10 minutes (stirring occasionally).

5. FINISHING TOUCHES When the sauce has 2-3 minutes remaining, stir through the peanut butter, the drained kidney beans, and the cooked chicken. Remove from the heat, add ½ the broccoli, and season to taste.

6. CHICKEN & PEANUT PERFECTION! Bowl up the Thai peanut chicken and top with the remaining broccoli. Sprinkle over the spring onion greens, the remaining coriander, and chilli (to taste). Tuck in, Chef!

Nutritional Information

Per 100g

Energy	442kJ
Energy	106kcal
Protein	9.4g
Carbs	5g
of which sugars	1g
Fibre	2.2g
Fat	4.9g
of which saturated	2.9g
Sodium	112mg

Allergens

Gluten, Allium, Peanuts, Wheat, Sulphites, Soy

Cook
within 2
Days