



UCOOK

Thai Chicken & Butternut

with almonds & a fresh green salad

A Thai dish you have to try! On a bed of oven roasted butternut and onion wedges lie golden chicken pieces, coated in a flavourful, fragrant, sweet Thai sauce - imagine notes of sweet chilli sauce, tomato salsa, peanut butter, lemon juice, and soy sauce. Sided with a nutty green salad for freshness and jalapeños for a kick.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Strandveld | Adamastor White Blend

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
1	Onion <i>peel & cut into wedges</i>
2	Free-range Chicken Pieces
10g	Almonds <i>roughly chop</i>
20g	Green Leaves <i>rinse</i>
1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
1	Garlic Clove <i>peel & grate</i>
10g	Fresh Ginger <i>peel & grate</i>
100ml	Sweet Thai Sauce <i>(10ml Lemon Juice, 30ml Peanut Butter, 30ml Mercado Tomato Salsa, 15ml Low Sodium Soy Sauce & 15ml Carb Smart Sweet Chilli Sauce)</i>
10g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>

From Your Kitchen

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

1. ROASTED VEG Preheat the oven to 200°C. Spread the butternut pieces and the onion wedges on a roasting tray. Pat the chicken dry with paper towel. Place the chicken pieces on top of the veg. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. TOASTED ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. NUTTY SALAD In a salad bowl, toss together the rinsed leaves, the toasted almonds, the spring onion greens, a drizzle of olive oil, and seasoning. Set aside.

4. AROMATIC THAI SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the grated garlic & ginger and the spring onion whites until fragrant, 2-3 minutes. Mix in 50ml of water and the sweet Thai sauce. Simmer until thickening, 3-4 minutes. Loosen with water if it's too thick.

5. TIME TO DIG IN Serve up the roasted chicken and veg. Drizzle the sauce over the chicken and side with the green salad. Garnish with the chopped jalapeños.



Chef's Tip

Air fryer method: Coat the butternut pieces and the onion wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	522kJ
Energy	125kcal
Protein	8.8g
Carbs	7g
of which sugars	2.2g
Fibre	1.8g
Fat	6.5g
of which saturated	1.5g
Sodium	156mg

Allergens

Gluten, Allium, Peanuts, Wheat,
Sulphites, Sugar Alcohol (Xylitol), Tree
Nuts, Soy

**Cook
within 3
Days**