



UCCOOK

Thai Chicken Salad

with roasted carrot, corn & toasted sesame seeds

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Zevenwacht | Estate Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	361kj	1991kj
Energy	86kcal	476kcal
Protein	7.9g	43.6g
Carbs	7g	39g
of which sugars	2.7g	14.7g
Fibre	1.8g	9.9g
Fat	2.9g	15.8g
of which saturated	0.5g	2.8g
Sodium	47mg	177mg

Allergens: Cow's Milk, Gluten, Sesame, Peanuts, Wheat, Soy

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1

[Serves 2]

240g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
5ml	10ml	Black Sesame Seeds
10g	20g	Peanuts <i>roughly chop</i>
150g	300g	Free-range Chicken Mini Fillets
50g	100g	Corn
30ml	60ml	Asian Dressing <i>(15ml [30ml] Low Sodium Soy Sauce, 5ml [10ml] Sesame Oil & 10ml [20ml] Lime Juice)</i>
50g	100g	Cucumber <i>rinse & roughly dice</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter
Seasoning (salt & pepper)

1. **ROAST** Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-25 minutes (shifting halfway).

2. **TOAST** Place the sesame seeds and peanuts in a pan over medium heat. Toast until the sesame seeds start to pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. **CHICKEN** Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. Fry the chicken on one side until golden and cooked through, 1-2 minutes per side. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes. Roughly chop the chicken and season.

4. **CHARRED CORN** Return the pan to medium heat with a drizzle of oil if necessary. Fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

5. **JUST BEFORE SERVING** In a small bowl, combine the Asian dressing with 2 [4] tbsp of olive oil, a sweetener (to taste), and seasoning. In a salad bowl, combine the carrot, the cucumber, the salad leaves, the corn, and the chicken.

6. **TIME FOR DINNER** Make a bed of the loaded salad, drizzle over the dressing, and sprinkle over the toasted sesame seeds and peanuts. Well done, Chef!