



WCOOK

Sticky Thai Chicken Tenders

with coconut rice & a side salad

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Creation Wines | Creation Sauvignon Blanc/Semillon

Nutritional Info	Per 100g	Per Portion
Energy	689kJ	5331kJ
Energy	164kcal	1272kcal
Protein	6.5g	50.1g
Carbs	24g	185g
of which sugars	8g	62.3g
Fibre	1.2g	9.6g
Fat	4.7g	36.7g
of which saturated	3.1g	24.2g
Sodium	297mg	2297mg

Allergens: Egg, Gluten, Allium, Wheat, Sulphites, Tree Nuts, Soy

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Jasmine Rice <i>rinse</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
200ml	400ml	Coconut Milk
30ml	60ml	Cake Flour
15g	30g	Cashew Nuts <i>finely chop</i>
100ml	200ml	Panko Breadcrumbs
150g	300g	Free-range Chicken Mini Fillets
110ml	220ml	Sweet-soy <i>(100ml [200ml] Thai Sweet Chilli Sauce & 10ml [20ml] Low Sodium Soy Sauce)</i>
15ml	30ml	Lemon Juice
20g	40g	Piquanté Peppers <i>drain</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
120g	120g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>

From Your Kitchen

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

1. IT'S ALL IN THE INFUSION Place the rice, the ginger, the coconut milk, and 50ml [100ml] of salted water in a pot over medium-high heat. Cover with the lid and bring to the boil. Reduce the heat and simmer until the liquid has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. CRUMBY CHICKY In a shallow dish, whisk 1 egg with 1 tbsp of water. Prepare two more shallow dishes: one containing the flour (lightly seasoned), and the other containing a mixture of the cashews and the breadcrumbs. Coat the chicken strips in the flour first, then the egg, and lastly, the cashew crumb mixture.

3. NOW FOR THE FRYING Place a pan over medium-high heat with enough oil to cover the base. When hot, fry the crumbed chicken until golden and cooked through, 1-2 minutes per side. Drain on paper towel. Alternatively, air fry the crumbed chicken at 200°C until crispy, 10-15 minutes (shifting halfway).

4. STICKY COATING 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 and peppers are coated, 2-3 minutes (shifting occasionally).

5. TOUCH OF FRESHNESS In a salad bowl, combine the salad leaves, the carrot, the remaining lemon juice (to taste), and seasoning.

6. TIME TO EAT Make a bed of the coconut rice and top with the sticky chicken. Side with the dressed salad. Well done, Chef!