



UCCOOK

Spicy Ginger Chicken

with Banhoek chilli oil & jasmine rice

Never fear when Banhoek chilli oil is near! That is because this fiery, flavour-packed liquid elevates any dish it's added to. Combine it with a bed of fluffy rice, a roasted red pepper & chicken medley covered in a sweet-soy sauce, and garlic-infused greens & carrots, and you have a delicious dish that would make any professional Chef nervous to compete against.


Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Megan Bure

 Fan Faves

 Waterford Estate | Waterford Old Vine Chenin Blanc

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Ingredients & Prep

6	Free-range Chicken Pieces
2	Bell Peppers <i>1½ rinsed, deseeded & cut into thick strips</i>
300ml	Jasmine Rice <i>rinsed</i>
15ml	Dried Chilli Flakes
30g	Fresh Ginger <i>peeled & grated</i>
2	Garlic Cloves <i>peeled & grated</i>
45ml	Low Sodium Soy Sauce
360g	Carrot <i>rinsed, trimmed, peeled & cut into bite-sized pieces</i>
2	Spring Onions <i>rinsed, trimmed & finely sliced keeping the white & green parts separate</i>
150g	Spinach <i>rinsed & roughly shredded</i>
30ml	Banhoek Chilli Oil
30ml	Lemon Juice

From Your Kitchen

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

1. READY THE ROAST Preheat the oven to 200°C. Pat the chicken pieces dry with paper towel. Place on a roasting tray with the pepper strips. Coat in oil and seasoning. Roast in the hot oven until cooked through and browned, 35-40 minutes.

2. SOME NICE RICE Place the rinsed rice in a pot with 600ml 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 set aside to steam, 8-10 minutes. Fluff with a fork and cover.

3. SOY GOOD! In a small bowl, combine the chilli flakes (to taste), the grated ginger, ½ the grated garlic, the soy sauce, a sweetener, and a drizzle of oil. Set aside.

4. BETTER BASTE NOW When the roast is halfway, baste the chicken with the soy marinade. Roast for the remaining time.

5. GARLICKY GREENS & CARROTS Place a pan over medium heat with a drizzle of oil. When hot, fry the carrot pieces until charred, 3-4 minutes per side. Add the remaining garlic and the spring onion whites. Fry until fragrant, 2-3 minutes (shifting constantly). Add the shredded spinach and fry until wilted, 3-5 minutes. Season.

6. PLATE UP Pile up the steaming rice and serve the roasted chicken & peppers alongside. Pour over any remaining tray juices. Side with the garlicky greens & carrots. Drizzle over the chilli oil (to taste) and the lemon juice (to taste). Sprinkle over the spring onion greens. Dig in, Chef!

Nutritional Information

Per 100g

Energy	507kJ
Energy	121kcal
Protein	6.3g
Carbs	14g
of which sugars	2.1g
Fibre	1.6g
Fat	4.4g
of which saturated	0.9g
Sodium	214mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Cook
within 3
Days