

UCOOK

Doos Kung Pao Chicken

with steamed jasmine rice & pak choi

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Doos Winery

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info	Per 100g	Per Portion
Energy	627kJ 150kcal	3859kJ 923kcal
Protein	8.3g	51.1g
Carbs	18g	112g
of which sugars	2g	12.5g
Fibre	1.3g	7.8g
Fat	4.5g	27.8g
of which saturated	0.6g	3.8g
Sodium	123mg	756mg

Allergens: Soya, Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites

Spice Level: Mild

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 3	Serves 4	
300ml	400ml	Jasmine Rice
60g	80g	Peanuts
3	4	Free-range Chicken Breasts
90ml	125ml	Cornflour
300g	400g	Pak Choi <i>trim at the base</i>
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & slice</i>
90ml	120ml	Kung Pao Sauce <i>(45ml [60ml] Rice Wine Vinegar, 30ml [40ml] Low Sodium Soy Sauce & 15ml [20ml] Sesame Oil)</i>
60g	80g	Piquanté Peppers <i>drain</i>
6	8	Banhoek Chilli Oil Sachets

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Paper Towel

Seasoning (salt & pepper)

1. FLUFFY RICE Rinse the rice and place it in a pot with 600ml [800ml] 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.

2. GOLDEN PEANUTS Place the peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan, roughly chop and set aside.

3. CRISPY CHICKEN Pat the chicken dry with paper towel and cut into bite-sized pieces. Place the cornflour in a bowl and season. Coat the chicken in the flour, dusting off any excess before transferring to a plate. Return the pan to medium-high heat with enough oil to cover the base. Shallow-fry the floured chicken in batches until crispy and cooked through, 1-2 minutes. Remove and drain on paper towel. Season while hot and set aside.

4. SOME PREP Rinse the pak choi, finely slice the pak choi stems and slice the leafy parts in half lengthways, keeping them separate from the stems.

5. KUNG PAO SAUCE Return the pan to medium heat with a drizzle of oil. Fry the onions and pak choi stems until browned, 5-6 minutes (shifting constantly). Add the garlic, the ginger, and fry until fragrant, 1-2 minutes (shifting constantly). Add the chilli (to taste), and fry for 1-2 minutes (shifting constantly). Pour in the kung pao sauce, a sweetener (to taste), and 3 [4] tbsp of water. Simmer until reduced, 30-60 seconds.

6. ALL TOGETHER NOW! When the sauce is done, toss through the chicken, pak choi leaves, and the peppers until wilted and heated, 3-4 minutes. Season, remove from the heat, and set aside.

7. GRAB THE PLATES Serve up a glorious bed of steaming rice and top with the saucy chicken. Drizzle with any remaining pan juices. Scatter over the nuts and finish with drizzles of chilli oil (to taste).