



# UCOOK

## Creamy Coconut Chicken

with sesame carrot mash

Moreish chicken in a creamy, dreamy, and flavourful coconut and tamari sauce served with sesame oil-flavoured carrot mash, sprinkled with cashew nuts. This dish will tantalize your senses, buds!

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**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People


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**Chef:** Ella Nasser

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 Carb Conscious

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 Waterford Estate | Waterford OVP Chenin Blanc 2020

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## Ingredients & Prep

720g	Carrot <i>peeled, trimmed &amp; cut into bite-sized chunks</i>
30ml	Sesame Oil
45g	Cashew Nuts
3	Free-range Chicken Breasts <i>patted dry &amp; cut into 1-2cm thick strips</i>
2	Onions <i>1½ peeled &amp; finely sliced</i>
2	Red Bell Peppers <i>1½ rinsed, deseeded &amp; cut into strips</i>
2	Yellow Bell Peppers <i>1½ rinsed, deseeded &amp; cut into strips</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
300ml	Coconut Milk
30ml	Tamari
15ml	Ground Cumin
12g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter (optional)  
Milk (optional)  
Sugar/Sweetener/Honey

**1. SESAMASH** Place a pot of cold salted water over a high heat. Add the carrot chunks and bring to the boil. Once boiling, reduce the heat and simmer for 15-20 minutes until soft. Drain and mash with a potato masher or fork until smooth. Then, stir through a splash of milk or water, a knob of butter (optional), seasoning, and the sesame oil. Cover to keep warm.

**2. TOASTED NUTS** Place the cashews in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

**3. SIZZLING CHICKEN** Return the pan to a medium heat with a drizzle of oil. When hot, add the chicken strips and fry for 1-2 minutes per side until golden. Remove from the pan on completion and set aside.

**4. CREAMY COCO-SAUCE** Return the pan to a medium heat with a drizzle of oil. When hot, add the sliced onion and the sliced red & yellow peppers and fry for 4-6 minutes until soft, shifting occasionally. Add the grated garlic and fry for 1-2 minutes until fragrant, shifting constantly. Add the coconut milk, the tamari, the cumin, a sweetener of choice (to taste), and seasoning. Mix until fully combined. Leave to simmer for 5-8 minutes, until slightly thickened. Add a splash of water if it reduces too quickly. In the final 2-3 minutes, add the browned chicken strips.

**5. OPEN SESAME** Plate up the sesame mash and sprinkle over the toasted nuts. Side with the creamy coconut chicken and garnish with the chopped coriander. Great work, Chef!

## Nutritional Information

Per 100g

Energy	325kJ
Energy	78kcal
Protein	4.9g
Carbs	6g
of which sugars	2.6g
Fibre	1.6g
Fat	3.9g
of which saturated	1.8g
Sodium	90mg

## Allergens

Allium, Sesame, Sulphites, Tree Nuts, Soy

Cook  
within 3  
Days