UCOOK

Honey-lime Chicken & Avo Rice Stack

with a chilli-sesame crunch

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Tiisetso Maema

Wine Pairing: Strandveld | Pofadderbos Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	720kJ	4872kJ
Energy	172kcal	1165kcal
Protein	7.9g	53.7g
Carbs	22g	152g
of which sugars	6.9g	47g
Fibre	3.2g	21.4g
Fat	6g	40.3g
of which saturated	0.9g	6g
Sodium	143mg	966mg

Allergens: Gluten, Sesame, Wheat, Cow's Milk, Soya, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Jasmine Rice *rinse*
8g	10g	Fresh Coriander *rinse, pick & roughly chop*
150g	200g	Edamame Beans
3	4	Free-range Chicken Breasts
3	4	Garlic Cloves *peel & grate*
30g	40g	Fresh Ginger *peel & grate*
180ml	240ml	Sweet-soy Mix *(120ml [160ml] Honey & 60ml [80ml] Soy Sauce)*
3	4	Limes *rinse & cut into wedges*
3	4	Avocados *cut in half & thinly slice*
15ml	20ml	Chilli Sesame *(7.5ml [10ml] Sesame Seeds & 7.5 ml [10ml] Chilli Flakes)*

From Your Kitchen

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

1. LEKKER LOADED RICE Place the rice 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, mix through ½ the coriander and the edamame beans, and steam for 8-10 minutes. Fluff with a fork and cover.

2. BUTTER-BASTED CHICKEN Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning. Alternatively, air fry at 200°C until cooked through, 10-12 minutes (shifting halfway).

3. SO-GOOD SOY SAUCE Return the pan to medium heat, add the garlic and ginger, and fry until fragrant, 1-2 minutes. Add the sweet-soy and a squeeze of lime juice (to taste). Remove from the heat and season.

4. A GREAT PLATE Bowl up the rice, top with the sliced chicken and honey-lime glaze. Side with the avocado slices, scatter over the chilli sesame, and garnish with the remaining coriander. Serve with any remaining lime wedges.