



UCOOK

Thai Chicken & Butternut

with almonds & a fresh green salad


A Thai dish you have to try! On a bed of oven roasted butternut and onion wedges lie golden chicken pieces, coated in a flavourful, fragrant, sweet Thai sauce - imagine notes of sweet chilli sauce, tomato salsa, peanut butter, lemon juice, and soy sauce. Sided with a nutty green salad for freshness and jalapeños for a kick.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Megan Bure

 Carb Conscious

 Strandveld | Adamastor White Blend

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Ingredients & Prep

500g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
1	Onion <i>peel & cut into wedges</i>
4	Free-range Chicken Pieces
20g	Almonds <i>roughly chop</i>
40g	Green Leaves <i>rinse</i>
1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
1	Garlic Clove <i>peel & grate</i>
20g	Fresh Ginger <i>peel & grate</i>
200ml	Sweet Thai Sauce <i>(20ml Lemon Juice, 60ml Peanut Butter, 60ml Mercado Tomato Salsa, 30ml Low Sodium Soy Sauce & 30ml Carb Smart Sweet Chilli Sauce)</i>
20g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. ROASTED VEG Preheat the oven to 200°C. Spread the butternut pieces and the onion wedges on a roasting tray. Pat the chicken dry with paper towel. Place the chicken pieces on top of the veg. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. TOASTED ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. NUTTY SALAD In a salad bowl, toss together the rinsed leaves, the toasted almonds, the spring onion greens, a drizzle of olive oil, and seasoning. Set aside.

4. AROMATIC THAI SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the grated garlic & ginger and the spring onion whites until fragrant, 2-3 minutes. Mix in 100ml of water and the sweet Thai sauce. Simmer until thickening, 3-4 minutes. Loosen with water if it's too thick.

5. TIME TO DIG IN Serve up the roasted chicken and veg. Drizzle the sauce over the chicken and side with the green salad. Garnish with the chopped jalapeños.



Chef's Tip

Air fryer method: Coat the butternut pieces and the onion wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	522kJ
Energy	125kcal
Protein	8.8g
Carbs	7g
of which sugars	2.2g
Fibre	1.8g
Fat	6.5g
of which saturated	1.5g
Sodium	156mg

Allergens

Gluten, Allium, Peanuts, Wheat,
Sulphites, Sugar Alcohol (Xylitol), Tree
Nuts, Soy

Cook
within 3
Days