

UCCOOK

Vietnamese-style Chicken

with toasted peanuts

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Calorie Conscious: Serves 1 & 2

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	320kj	2022kj
Energy	76kcal	484kcal
Protein	6.8g	43.2g
Carbs	7g	47g
of which sugars	4g	26g
Fibre	2g	10g
Fat	2.2g	13.9g
of which saturated	0.4g	2.6g
Sodium	126mg	795mg

Allergens: Shellfish, Fish, Allium

Spice Level: Mild

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Peanuts <i>roughly chop</i>
240g	480g	Baby Carrots <i>rinse & trim</i>
1	1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
40ml	80ml	Citrus Umami Blend <i>(20ml [40ml] Lime Juice, 5ml [10ml] Fish Sauce, 10ml [20ml] Honey & 5ml [10ml] Olive Oil Blend)</i>
100g	200g	Cucumber <i>rinse & cut into thin matchsticks</i>
40g	80g	Salad Leaves <i>rinse & shred</i>
1	2	Free-range Chicken Breast/s
10ml	20ml	NOMU One For All Rub

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

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

2. GINGER CARROTS Return the pan to medium heat. When hot, add the carrots and lightly coat with cooking spray. Fry until lightly golden, 8-10 minutes (shifting occasionally). At the halfway mark, add the spring onion whites and ginger. Add 2 [4] tbsp of water and simmer until the carrots are tender when pierced with a fork, 5-8 minutes. Remove from the pan and season.

3. TANGY & TASTY To a bowl, add the chilli (to taste), the citrus umami dressing and seasoning. Toss with the cucumber and the salad leaves. Set aside.

4. VIETNAMESE CHICKEN Return the pan to medium heat. Pat the chicken dry with paper towel. When hot, add the chicken and lightly coat with cooking spray and the NOMU rub. Fry on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. SENSATIONAL SALAD Serve up the delicious dressed salad and top with the chicken and the ginger carrots. Drizzle over any remaining dressing. Garnish with the peanuts and the spring onion greens. Enjoy, Chef!