



UCCOOK

Sweet 'n Sour Chicken

with tamari-infused rice & crunchy cashew nuts

There aren't many things that beat a warm bowl of crispy chicken, sweet pineapple, and juicy onions coated in a sweet 'n sour sauce! Served over a bed of umami-laced Jasmine rice, speckled with edamame beans and topped with pickled peppers and fresh coriander.

Hands-on Time: 50 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Thea Richter

 Fan Faves

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc 2021

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Ingredients & Prep

300ml	Jasmine Rice
150g	Edamame Beans
45g	Cashew Nuts
450g	Free-range Chicken Mini Fillets
170ml	Cornflour
2	Onions <i>1½ peeled & cut into 1cm thick slices</i>
3	Garlic Cloves <i>peeled & grated</i>
180g	Pineapple Pieces <i>drained & cut into bite-sized pieces</i>
170ml	Sweet 'n Sour Sauce <i>(85ml Tomato Sauce & 85ml Rice Wine Vinegar)</i>
45ml	Tamari
150g	Pickled Bell Peppers <i>drained & roughly chopped</i>
12g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Egg/s
Paper Towel

1. RICE, RICE BABY Rinse the rice and place in a pot. Submerge in 400ml of salted water, pop on a lid, and place over a medium-high heat. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Remove from the heat and mix through the edamame beans. Replace the lid and set aside to steam for a further 10 minutes until cooked and tender. On completion, drain if necessary and return to the pot.

2. ACT CASHEW-AL... Place the cashews in a large 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. CRISPY CHICKY Pat the chicken dry with paper towel and cut into bite-sized chunks. Place 3 tsp of the cornflour in a large bowl, crack in 3 eggs, and add a pinch of salt. Mix until fully combined. Place a large pot over medium-high heat and fill with 4-5cm of oil. Place the remaining cornflour in a separate bowl and season well. Add the chicken to the bowl of egg and cornflour, and toss until fully coated. One by one, remove each piece and coat in the dry cornflour, dusting off any excess before transferring to a plate. Once the oil is hot, deep fry the chicken for 4-5 minutes until crispy and cooked through. Remove on completion and set aside to drain on some paper towel.

4. A LIL SWEET & A LIL SOUR Return the pan to a medium heat with a drizzle of oil. When hot, fry the onion slices for 6-8 minutes until soft and translucent, shifting occasionally. Add the grated garlic and sauté for 1-2 minutes until fragrant. Mix in the pineapple pieces and fry for 3-4 minutes until heated through. Stir through the sweet 'n sour sauce and 60ml of a sweetener of choice. Allow to come to the boil, then immediately remove from the heat. Stir through the chicken pieces until fully coated. Season to taste, cover to keep warm, and set aside for serving.

5. ALMOST THERE Once the rice is cooked and drained, fluff up with a fork and stir through the tamari until fully coated.

6. THE MAIN EVENT Serve up a large helping of tamari-infused rice and edamame beans, and cover in the sweet 'n sour crispy chicken. Scatter over the chopped cashews, pickled peppers, and coriander. Simply gorgeous, Chef!



Chef's Tip

For the rice, keep the lid on for the entire cooking and steaming time, only checking if necessary. This will ensure you get that perfect, fluffy texture!

Nutritional Information

Per 100g

Energy	615kj
Energy	147kcal
Protein	8.4g
Carbs	22g
of which sugars	4.8g
Fibre	1.2g
Fat	2.4g
of which saturated	0.4g
Sodium	351mg

Allergens

Egg, Allium, Sulphites, Tree Nuts, Soy

Cook
within 3
Days