



U C O O K

— COOKING MADE EASY

Sticky Plum Chicken

with hoisin sauce, fresh coriander & jasmine rice

Spruce up your evening with this chicken breast sensation, basted with NOMU Oriental Rub. Add to that a sticky lime and hoisin sauce, fresh plum, and pickled cucumber, and you have a tangy taste triumph!

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Alex Levett

 **Easy Peasy**

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Ingredients & Prep

100ml	Jasmine Rice
1	Lime <i>one half zested & cut into wedges</i>
25ml	Rice Wine Vinegar
50g	Cucumber <i>sliced into thin rounds</i>
100g	Pak Choi
5ml	White Sesame Seeds
1	Free-Range Chicken Breast
5ml	NOMU Oriental Rub
1	Garlic Clove <i>peeled & grated</i>
50ml	Hoisin Sauce
1	Plum <i>one half sliced into thin wedges</i>
4g	Fresh Coriander <i>rinsed & picked</i>

From Your Kitchen

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

1. ZESTY RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 150ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. Drain on completion if necessary, fluff up with a fork, and toss through the lime zest to taste.

2. PICKLED CUCUMBER & PAK CHOI PREP Place the rice wine vinegar and 2 tbsp of water in a bowl. Combine with 1 tsp of a sweetener of choice until dissolved. Toss through the sliced cucumber and set aside to pickle until serving. Trim the base off the pak choi, separate the leaves, and rinse well. Slice the green, leafy parts in half lengthways and set aside. Finely slice the stems and set aside separately from the leaves.

3. TOAST THE SESAMES Place a pan that has a lid over a medium heat. When hot, toast the sesame seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

4. ORIENT-INSPIRED CHICKEN Pat the chicken breast dry with paper towel. Return the pan to a medium heat with a drizzle of oil. When hot, fry the breast on one side for 5-7 minutes until golden. Flip, pop on the lid, and fry for a further 5-7 minutes or until cooked through. During the final minute, remove the lid and baste with a knob of butter and the Oriental Rub to taste. Remove from the pan, cover, and allow to rest for 5 minutes before slicing.

5. TANGY, STICKY SAUCE Return the pan to a medium heat with another drizzle of oil if necessary. When hot, fry the pak choi stems for 2-3 minutes until slightly softened, shifting frequently. Add the grated garlic and sauté for another minute until fragrant. Add the pak choi leaves and a small splash of water. Simmer for 1-2 minutes until the leaves wilt and the water evaporates. Stir in the hoisin sauce and the juice of 1 lime wedge. Simmer for 1-2 minutes until heated through, stirring occasionally. Drain the pickled cucumber – lose or reuse the pickling liquid as you wish!

6. EAST-ASIAN-STYLE DINING Make a bed of jasmine rice and spoon over some sticky pak choi sauce. Top with the sliced chicken, pickled cucumber, and fresh plum wedges. Garnish with the coriander leaves, toasted sesame seeds, and a lime wedge. Super-duper, Chef!



Chef's Tip

Plums are high in fibre, so they're great for gut health. Plums and other stone fruit are a great way to spruce up salads. Or, you can chop up a few to keep in the freezer for smoothies!

Nutritional Information

Per 100g

Energy	456kj
Energy	109Kcal
Protein	7.4g
Carbs	16g
of which sugars	4.8g
Fibre	1.1g
Fat	1.6g
of which saturated	0.3g
Sodium	206mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within 3
Days