



# UCOOK

## Glossy Indonesian Chicken

with fried rice, edamame beans & toasted sesame seeds

This one'll have the Bali-babes reminiscing with every bite. Pan-fried mini fillets, glazed with Indonesian soy sauce and laid over veggie-fried basmati rice with pops of garlic, ginger, chilli, edamame, spring onion, and sprinklings of sesame seeds. Traveling has never been this easy!

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**Hands-On Time:** 40 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People


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**Chef:** Jason Kosmas

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 Easy Peasy

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 Haute Cabrière | Pinot Noir Réserve

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## Ingredients & Prep

150ml	White Basmati Rice
300g	Free-range Chicken Mini Fillets
10ml	Mixed Sesame Seeds
150g	Shredded Cabbage & Julienne Carrot
40g	Fresh Ginger <i>peeled &amp; grated</i>
4	Garlic Cloves <i>peeled &amp; grated</i>
2	Spring Onions <i>finely sliced, keeping the white &amp; green parts separate</i>
1	Fresh Chilli <i>deseeded &amp; finely sliced</i>
200g	Edamame Beans <i>shells removed</i>
90ml	Indonesian-Style Sauce <i>(60ml Indonesian Soy Sauce &amp; 30ml Rice Wine Vinegar)</i>

## From Your Kitchen

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

**1. RICE IS NICE** Rinse the rice and place in a pot over a medium-high heat. Submerge in 300ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 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. On completion, drain if necessary and fluff up with a fork.

**2. PREP & TOAST** Rinse the chicken mini fillets to get rid of any residue from the packet and pat dry with paper towel. Season and set aside until frying. Place a nonstick pan over a medium heat. When hot, toast the mixed sesame seeds for 2-4 minutes until the white ones are lightly browned, shifting occasionally. On completion, set the seeds aside to cool and set the pan aside for use in step 4.

**3. FRY-UP** When the rice has 5 minutes remaining, place a pan or wok (that has a lid) over a medium heat. When hot, dry fry the cabbage and carrot for 2-3 minutes, shifting as it wilts. Remove on completion and return the pan or wok to the heat. Add in a drizzle of oil and the grated ginger, grated garlic, white spring onion slices, and chopped chilli (to taste). Fry for 1-2 minutes until fragrant, shifting constantly. [Option for egg fried rice: Beat an egg and stir it into the pan. Cook for 2-3 minutes until a firm scramble, stirring continuously. Now, just continue to follow the remainder of this step!] Increase the heat to medium-high and toss through the cooked rice until combined. Toss through the shelled edamame beans and the cabbage and carrot for a minute until evenly distributed. Remove the pan or wok from the heat, pop on the lid, and set aside for serving.

**4. SAUCE STYLIN'** Return the nonstick pan to a medium heat with another drizzle of oil. When hot, fry the chicken for 1-2 minutes per side until cooked through and golden. During the final minute, pour over the Indonesian-style sauce, tossing continuously to coat. Remove from the heat on completion.

**5. SATISFACTION** Spoon the veggie fried rice into a bowl, top with the sticky chicken, and pour over any pan juices to taste. Garnish with the green spring onion slices and the toasted sesame seeds. Oh yes!



## Chef's Tip

If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!

## Nutritional Information

Per 100g

Energy	545kJ
Energy	130Kcal
Protein	10.8g
Carbs	17g
of which sugars	1.7g
Fibre	1.9g
Fat	2.2g
of which saturated	0.3g
Sodium	22.9mg

## Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook  
within 3  
Days