



UCOOK

Chicken Patty Bowl

with charred broccoli, avocado & a sweet chilli mayo

Golden-fried chicken patties, charred broccoli, and creamy avo slices are elevated with a zing of lemon juice, a delicious sweet-chilli mayo, and a toasted nut & seed mix.


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Rhea Hsu

 Carb Conscious

 Harry Hartman | Stellenbosch Sauvignon Blanc

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Ingredients & Prep

450g	Free-range Chicken Mince
1	Onion <i>¾ peeled & finely diced</i>
22,5ml	NOMU Oriental Rub
150ml	Sweet Chilli Mayo <i>(90ml Kewpie Mayo & 60ml Sweet Chilli Sauce)</i>
2	Avocados
1	Lemon <i>cut into wedges</i>
300g	Broccoli Florets <i>cut into bite-sized pieces</i>
60g	Salad Leaves <i>rinsed & roughly shredded</i>
240g	Carrot <i>¾ peeled into ribbons</i>
30g	Mixed Nuts & Seeds <i>(15ml Mixed Sesame Seeds & 30g Peanuts)</i>
12g	Fresh Coriander <i>rinsed & picked</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)

1. PREP THE PATTIES In a bowl, combine the mince, the diced onion (to taste), the NOMU rub, and seasoning. Wet your hands slightly and shape the mince mixture into 6 patties, of about 2cm thick. Set aside.

2. MULTI-TASKING TIME Loosen the sweet chilli mayo with a splash of water. Set aside. Halve the avocados and set aside one of the halves for another meal. Remove the skin and thinly slice the avocado flesh. Drizzle over a squeeze of lemon juice and season.

3. ROC ON WITH THE BROCC Place a pan, with a lid, over a medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the broccoli pieces until lightly charred, 5-6 minutes. Add a splash of water, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan and season.

4. SPREAD YOUR WINGS AND FRY Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the patties until browned and cooked through, 2-3 minutes per side. Remove from the heat.

5. HUNGRY YET? Make a bed of the shredded salad leaves. Top with the chicken patties, the charred broccoli, the carrot ribbons, and the seasoned avocado slices. Drizzle over the sweet chilli mayo, and sprinkle over the mixed nuts & seeds. Garnish with the picked coriander and serve with any remaining lemon wedges on the side. Delish, Chef!



Chef's Tip

Toast the mixed nuts & seeds in a pan over a medium heat until browned, 2-3 minutes (shifting occasionally).

Nutritional Information

Per 100g

Energy	528.0kJ
Energy	126.0kcal
Protein	5.5g
Carbs	6.0g
of which sugars	1.9g
Fibre	3.0g
Fat	6.2g
of which saturated	1.1g
Sodium	82.0mg

Allergens

Egg, Allium, Sesame, Peanuts,
Sulphites, Sugar Alcohol (Xylitol), Soy

Cook
within 1
Day