



UCOOK

Asian-style Chicken

with a sweet ponzu dressing & roasted carrots

This is a special one, Chef! Golden-roasted carrots, charred corn & peppers form a vibrant bed of veggies for succulent chicken fillet pieces. On the side, a refreshing salad featuring charred pineapple, blanched edamame, and poppy seeds adds a tropical twist. Drizzled with a sweet ponzu dressing, and garnished with coriander & toasted cashews.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

Carb Conscious

 Strandveld | Adamastor White Blend

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Ingredients & Prep

240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
10g	Cashew Nuts <i>roughly chop</i>
1	Bell Pepper <i>rinse, deseed & cut ½ into strips</i>
50g	Corn
50g	Edamame Beans
55ml	Sweet Ponzu <i>(20ml Ponzu Sauce, 5ml Honey & 30ml Kewpie Mayo)</i>
3g	Fresh Coriander <i>rinse, pick & finely chop</i>
1	Free-Range Chicken Breast
3	Tinned Pineapple Rings
5ml	Poppy Seeds
20g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. ROAST CARROTS Preheat the oven to 200°C. Spread the carrot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. NUTTY & GOLDEN Place the chopped cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CORN & PEPS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the pepper strips and the corn until charred, 3-4 minutes (shifting occasionally). Season, remove from the pan, and set aside.

4. PLUMP THE EDAMAME Boil the kettle. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

5. PERFECT PONZU In a small bowl, combine the sweet ponzu with ½ the chopped coriander, a drizzle of oil, and seasoning. Set aside.

6. FRY THE CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes. Slice, season, and cover.

7. PINEAPPLE & POPPY SALAD Place a clean pan over high heat. When hot, fry the pineapple until charred, 2-3 minutes per side. Remove from the pan, cut into bite-sized pieces, and place in a bowl. Toss with the poppy seeds, the blanched edamame beans, the shredded leaves, a drizzle of olive oil, and seasoning. Set aside.

8. LOOKING GOOD, CHEF! Make a bed of the mixed veg and the roasted carrot pieces. Top with the golden chicken mini fillets and serve the charred pineapple & poppy seed salad on the side. Drizzle over the sweet ponzu dressing. Garnish with the remaining coriander and the toasted cashew nuts.



Chef's Tip

Air fryer method: Coat the carrot pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	370kJ
Energy	89kcal
Protein	5.2g
Carbs	9g
of which sugars	4.8g
Fibre	1.7g
Fat	1.7g
of which saturated	0.3g
Sodium	72mg

Allergens

Egg, Gluten, Wheat, Sulphites, Fish, Tree Nuts, Soy, Cow's Milk

Eat
Within
3 Days