

UCOOK

Minty Chicken Breyani

with brown basmati, yoghurt & a spice blend

This dish is an ode to the traditional breyani of South Africa. Flavours of fresh herbs, chilli, a spice blend, and whole cardamom and cinnamon take it to the top of the yum scoreboard! Roasted chicken pieces top basmati rice and lentils and is all dolloped with minty yoghurt and flecks of fresh chilli. Watch out for those flavoursome cardamom pods, they come with a kick!


Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Prim Reddy & Niranj Pather

 Fan Faves

 Waterford Estate | Waterford Old Vine Chenin Blanc

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Ingredients & Prep

2	Free-range Chicken Pieces
100ml	Brown Basmati Rice
9g	Fresh Coriander & Mint <i>rinsed & picked</i>
1	Garlic Clove <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & roughly sliced</i>
10ml	Spice Blend <i>(10ml NOMU Italian Rub & 1 Cardamom Pod)</i>
1	Onion <i>peeled & roughly diced</i>
3,75ml	Whole Spices <i>(1 Cinnamon Stick & 3,75ml Cumin Seeds)</i>
1	Star Anise
120g	Lentils <i>drained & rinsed</i>
50ml	Low Fat Plain Yoghurt

From Your Kitchen

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

1. ROAST THE CHICKY Preheat the oven to 200°C. Place the chicken pieces on a roasting tray. Pat dry with paper towel. Coat in oil and season. Roast in the hot oven for 25-30 minutes until crispy.

2. BREYANI RICE 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 25-30 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.

3. FRESH CORIANDER & MINT PASTE Place ½ the picked coriander & mint coriander and the grated garlic on a chopping board. Add ¾ of the sliced chilli (or to taste) and finely chop until combined in a chunky paste. Place in a bowl (or a pestle and mortar if you have one) and mix in a drizzle of oil. Alternatively, you can combine these ingredients in a blender if you have one. Set aside for step 4.

4. TEMPER THE SPICES Place a pot over a medium-high heat with enough oil to cover the base. Once hot, fry the spice blend for 1-2 minutes until fragrant, shifting constantly. Mix in the diced onion, the whole spices, and the star anise. Sauté for 3-4 minutes until the onion is soft. On completion, remove and discard the cinnamon stick. Mix in the coriander-mint paste and a pinch of salt. Fry for another 3-4 minutes, shifting regularly.

5. THE FINAL STEAM & THE FINAL MIX Add in the cooked rice and the drained lentils and gently toss for 1-2 minutes. Remove from the heat. Cover with a lid, and set aside to dry out for 10 minutes. On completion, there should be no liquid remaining. Finely chop the remaining mint leaves and place in a bowl with the yoghurt. Mix to combine, season, and set aside for serving.

6. A MEAL TO BE PROUD OF! Dish up a mound of fragrant breyani and top with the roasted chicken pieces. Dollop over the minty yoghurt and garnish with the remaining chilli (to taste) and coriander. Eat and be merry, because you earned it! (And watch out for those sneaky cardamom pods and star anise...)



Chef's Tip

Your mint and coriander have been packaged together to prevent the use of unnecessary extra plastic. If you struggle to tell the difference between them, do a quick online search to find some pics for reference!

Nutritional Information

Per 100g

Energy	793kj
Energy	189kcal
Protein	13.6g
Carbs	23g
of which sugars	2g
Fibre	6g
Fat	5.7g
of which saturated	1.4g
Sodium	93mg

Allergens

Dairy, Allium

Cook
within 3
Days