



# UCCOOK

## Garlicky Chicken & Broccoli

with fluffy rice

**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Lauren Nel

**Wine Pairing:** Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

Nutritional Info	Per 100g	Per Portion
Energy	719kj	3579kj
Energy	172kcal	856kcal
Protein	10.2g	50.7g
Carbs	16g	78g
of which sugars	1.6g	7.9g
Fibre	2g	10.2g
Fat	7.8g	38.7g
of which saturated	4.4g	22g
Sodium	75mg	376mg

**Allergens:** Cow's Milk, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
225ml	300ml	White Basmati Rice <i>rinse</i>
300g	400g	Broccoli Florets <i>rinse &amp; cut into bite-sized pieces</i>
450g	600g	Free-range Chicken Mini Fillets
15ml	20ml	Smoked Paprika
3	4	Garlic Cloves <i>peel &amp; grate</i>
8g	10g	Fresh Thyme <i>rinse</i>
30ml	40ml	NOMU One For All Rub
300ml	400ml	Fresh Cream
150g	200g	Peas
60g	80g	Spinach <i>rinse</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel

1. **RICE** Place the rice in a pot with 450ml [600ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. **BROC** Place a pan over medium-high heat with a splash of water. When starting to bubble, add the broccoli, cover with a lid and simmer until the broccoli is tender but still bright green, 4-6 minutes. Remove from the pan and season. Warm just before serving.

3. **CHICKEN** Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel, coat with the paprika, and season. When hot, fry the chicken until golden but not cooked through, 30-60 seconds per side. Remove from the pan. Return the pan to medium heat with a drizzle of oil. Fry the garlic, thyme, and NOMU rub until fragrant, 1-2 minutes. Stir in the cream, peas, and the chicken. Simmer until the chicken is cooked through, and the sauce is slightly thickened, 5-6 minutes. Mix in the spinach and cook until wilted, 2-3 minutes. Remove from the heat, discard the thyme sprigs, and season.

4. **DINE** Plate up the fluffy rice, spoon over the garlicky chicken, and side with the broccoli. Dig in, Chef!