



# UCOOK

## Crispy Feta & Zesty Pepper Chicken

with bell pepper & fresh basil

You will learn not one, but two great cooking tips with this recipe, Chef! Firstly, dry toast spices by frying in a pan before adding rice and boiling for enhanced flavour. Secondly, feta isn't just for crumbling! Coat in cornflour, then fry until golden and plate up with the spiced rice, garlic bell peppers, juicy chicken, and drizzles of a sweet vinaigrette.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People

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**Chef:** Samantha du Toit

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Fan Faves

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 Doos Wine | Doos Pink 3L

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## Ingredients & Prep

|       |                                                                                      |
|-------|--------------------------------------------------------------------------------------|
| 2     | Onions<br><i>peel &amp; finely dice</i>                                              |
| 60ml  | Spice Mix<br><i>(20ml Cumin Seeds, 10ml Ground Ginger &amp; 30ml Ground Paprika)</i> |
| 20ml  | Dried Chilli Flakes                                                                  |
| 300ml | White Basmati Rice<br><i>rinse</i>                                                   |
| 4     | Bell Peppers<br><i>rinse, deseed &amp; cut into strips</i>                           |
| 4     | Garlic Cloves<br><i>peel &amp; grate</i>                                             |
| 400g  | Traditional Feta Blocks                                                              |
| 125ml | Cornflour                                                                            |
| 4     | Free-range Chicken Breasts                                                           |
| 60ml  | Lemon Juice                                                                          |
| 10g   | Fresh Basil<br><i>rinse &amp; thinly slice</i>                                       |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter

**1. SPICED RICE** Place a pot over medium heat with a drizzle of oil. When hot, fry the diced onion, the spice mix, and the chilli flakes (to taste) until golden, 4-5 minutes (shifting occasionally). Add the rinsed rice and 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. GARLICKY PEPPERS** Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, fry the pepper strips with the grated garlic until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

**3. FRIED FETA** Coat the feta blocks in the cornflour. Return the pan to medium heat with a generous drizzle of oil. When hot, fry the feta until golden and crisp, 2-3 minutes per side. Remove from the pan and drain on paper towel.

**4. GOLDEN CHICKEN** Return the pan to medium heat with a drizzle of oil, if necessary. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, 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, reserving the pan juices, and rest for 5 minutes before slicing and seasoning.

**5. SIMPLE, SWEET VINAIGRETTE** In a bowl, combine the lemon juice with a generous drizzle of olive oil, a sweetener (to taste), and seasoning.

**6. SET THE TABLE** Plate up the rice. Top with the sliced chicken, all the pan juices, the crispy feta, and the charred peppers. Drizzle over the vinaigrette and garnish with the sliced basil.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 520kj   |
| Energy             | 124kcal |
| Protein            | 8.6g    |
| Carbs              | 14g     |
| of which sugars    | 1.5g    |
| Fibre              | 1.3g    |
| Fat                | 3.9g    |
| of which saturated | 2.1g    |
| Sodium             | 176mg   |

## Allergens

Allium, Cow's Milk

Eat  
Within  
3 Days