



# UCOOK

## Steamed Rice & Herby Chicken Mince

with charred corn

With the right textures and flavours, a nice dish can become a wow dinner. Fluffy white basmati rice forms the base, then topped with a saucy browned chicken mince loaded with silky onion, a fresh herb medley, and coated with a rich tomato passata sauce. A sprinkle of NOMU Provençal Rub-spiced charred corn and there you have it, Chef!

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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 **\*NEW Simple & Save**

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 **Waterkloof | False Bay Chenin Blanc**

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## Ingredients & Prep

200ml	White Basmati Rice <i>rinsed</i>
16g	Mixed Herbs <i>(8g Fresh Parsley &amp; 8g Fresh Coriander)</i>
100g	Corn
20ml	NOMU Provençal Rub
300g	Free-range Chicken Mince
1	Onion <i>peeled &amp; roughly sliced</i>
200ml	Tomato Passata

## From Your Kitchen

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

**1. COOK THE RICE** Place the rinsed rice in a pot with 400ml of salted water. Cover 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. SOME PREP** Rinse the mixed herbs. Pick and finely chop the herbs. Set aside.

**3. CHAR THE CORN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). In the final 1-2 minutes, add ½ of the NOMU rub, and stir occasionally. Remove from the pan, season, and set aside.

**4. FRY THE MINCE** Return the pan to medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-5 minutes (shifting occasionally).

**5. HERBY MINCE** Add the sliced onion to the pan and fry until soft, 4-5 minutes. Add the remaining rub and fry until fragrant 30-60 seconds. Pour the tomato passata and 300ml of water. Simmer until reduced and thickening, 10-12 minutes. Remove from the heat, mix through the chopped mixed herbs, 10ml of sweetener, and season.

**6. EASY BUT TASTY** Make a bed of the rice, top with the saucy herby mince, and scatter over the charred corn. Well done, Chef!

## Nutritional Information

Per 100g

Energy	545kJ
Energy	130kcal
Protein	7.6g
Carbs	19g
of which sugars	2.4g
Fibre	1.7g
Fat	2.7g
of which saturated	0.7g
Sodium	145mg

## Allergens

Dairy, Allium

Cook  
within 1  
Day