



UCCOOK

Creamy Corn & Grilled Chicken Salad

with piquanté peppers & basmati rice

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	680kj	3256kj
Energy	163kcal	779kcal
Protein	9.9g	47.3g
Carbs	18.7g	89.7g
of which sugars	2.7g	12.8g
Fibre	1.6g	7.8g
Fat	5.1g	24.4g
of which saturated	0.8g	3.9g
Sodium	137mg	654mg

Allergens: Sulphites, Cow's Milk, Soya, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	White Basmati Rice <i>rinse</i>
30g	40g	Pumpkin Seeds
360g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
150g	200g	Corn
3	4	Free-range Chicken Breasts
15ml	20ml	NOMU BBQ Rub
60g	80g	Piquanté Peppers <i>drain</i>
150ml	200ml	Hellmann's Tangy Mayonnaise
8g	10g	Fresh Chives <i>rinse & finely slice</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

Butter

Paper Towel

Oil (cooking, olive or coconut)

1. RICE IS NICE 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. TOAST THE SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. GOLDEN CARROT & CORN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the carrot until lightly golden (the carrot must be tender), 12-15 minutes (shifting occasionally). At the halfway mark, add the corn and fry until golden. Remove from the pan, season, and set aside.

4. BUTTERY, NOMU-SPICED CHICKEN Return the pan (with a lid) 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, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning. Alternatively, air fry at 200°C until cooked through, 10-12 minutes (shifting halfway).

5. JUST BEFORE SERVING In a bowl, combine the rice, corn, carrots, peppers, pumpkin seeds, and mayo.

6. DINNER IS READY Bowl up the loaded rice salad, top with the chicken, and garnish with a sprinkle of the chives. Well done, Chef!