



# UCOOK

## Chicken & Corn Salsa

with basmati rice & tzatziki

White rice is fried in onions and a Mexican spice blend to create the ultimate flavoursome base for golden chicken mini fillets. Served with a charred corn salsa & fresh coriander, and sided with cooling tzatziki. Simple, satisfying, and tasty. What more could you ask for?

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**Hands-on Time:** 15 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Thea Richter

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Simple & Save

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Deetlefs Wine Estate | Deetlefs Estate Chenin Blanc

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## Ingredients & Prep

1	Onion <i>peel &amp; finely dice ½</i>
5ml	NOMU Mexican Spice Blend
100ml	White Basmati Rice <i>rinse</i>
50g	Corn
150g	Free-range Chicken Mini Fillets
1	Tomato <i>rinse &amp; roughly dice</i>
3g	Fresh Coriander <i>rinse &amp; pick</i>
10ml	Lemon Juice
30ml	Tzatziki

## From Your Kitchen

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

**1. AROMATICS** Place a pot (big enough for the rice) over medium heat with a drizzle of oil. When hot, fry the diced onion until golden and soft, 4-5 minutes (shifting occasionally). In the final minute, add ½ the NOMU spice blend.

**2. YUMMY RICE** When the onion is soft, add the rinsed rice, and 200ml of salted water to the pot. 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.

**3. CHARRED CORN** Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. CHICKEN TIME** Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. During the final minutes, baste the chicken with a knob of butter and the remaining spice blend. Remove from the pan, season, and set aside.

**5. 1, 2, 3, SALSA** In a bowl, combine the charred corn, the diced tomato, ½ the picked coriander, the lemon juice, a drizzle of olive oil, a sweetener (to taste), and seasoning.

**6. WINNER OF A DINNER!** Plate up the rice. Top with the chicken and the corn salsa. Garnish with the remaining coriander. Side with the tzatziki. Time to dine, Chef!



## Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat in oil, ½ the NOMU spice blend and seasoning. Air fry at 200°C until cooked through, 5-8 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	471kJ
Energy	113kcal
Protein	8.2g
Carbs	17g
of which sugars	2.2g
Fibre	1.2g
Fat	0.9g
of which saturated	0.2g
Sodium	63mg

## Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
3 Days