



# UCOOK

## Coconut Chicken & Rice

**with pickled bell pepper, spinach & fresh coriander**

This vibrant and creamy curry is made from tender pieces of chicken smothered in a thick coconut curry sauce consisting of onions, pickled peppers, ginger, tomato and fresh chilli. Balanced out with earthy spinach and fragrant coriander. All served with a generous helping of brown rice. What are you waiting for, Chef? Curry up and get cooking!

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Rhea Hsu

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 Adventurous Foodie

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 Sijnn Wines | Sijnn White Blend

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## Ingredients & Prep

300ml	Brown Rice <i>rinsed</i>
3	Free-range Chicken Breasts <i>cut into bite-sized chunks</i>
2	Onions <i>1½ peeled &amp; finely sliced</i>
2	Tomatoes <i>rinsed &amp; 1½ roughly diced</i>
30g	Fresh Ginger <i>peeled &amp; grated</i>
2	Fresh Chillies <i>rinsed, deseeded &amp; finely sliced</i>
15ml	NOMU Oriental Rub
600ml	Coconut Cream
120g	Pickled Bell Peppers <i>drained</i>
60g	Spinach <i>rinsed</i>
8g	Fresh Coriander <i>rinsed &amp; picked</i>
2	Lemons <i>rinsed &amp; cut into wedges</i>

## From Your Kitchen

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

**1. NICE RICE** Place the rinsed rice in a pot with 700ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

**2. GOLDEN CHICKY CHUNKS** Place a deep pan or pot over medium-high heat with a drizzle of oil. When hot, fry the chicken chunks until browned but not cooked through, 1-2 minutes (shifting occasionally). Remove from the pot or pan and set aside.

**3. AWESOME AROMATICS** Return the pan or pot to medium heat with a drizzle of oil. When hot, fry the sliced onion and the diced tomato until soft, 8-9 minutes (shifting occasionally). Add the grated ginger, ½ the sliced chilli (to taste), and the NOMU rub. Fry until fragrant, 1-2 minutes (shifting constantly).

**4. CREAMY CURRY** When the chilli is fragrant, pour the coconut cream into the pot or pan. Simmer until slightly thickened, 5-6 minutes. In the final 1-2 minutes, add the browned chicken. Remove from the heat, stir through the drained pickled pepper, the rinsed spinach, ½ the picked coriander, a squeeze of lemon juice (to taste), a sweetener, and seasoning. Loosen with a splash of warm water if it's too thick for your liking.

**5. PLATE IT UP!** Dish up the rice and the fragrant coconut chicken. Garnish with the remaining coriander and chilli (to taste). Serve with any remaining lemon wedges. Indulge your senses, Chef!

## Nutritional Information

Per 100g

Energy	605kj
Energy	144kcal
Protein	7.4g
Carbs	14g
of which sugars	2.6g
Fibre	1.6g
Fat	6.9g
of which saturated	5.1g
Sodium	119mg

## Allergens

Allium, Sesame, Sulphites

Cook  
within 3  
Days