



UCCOOK

Peri-peri Chicken & Turmeric Rice

with a creamy salad

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Groote Post Winery | Groote Post Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	902kJ	3546kJ
Energy	216kcal	848kcal
Protein	11.5g	45.1g
Carbs	18g	72g
of which sugars	0.8g	3.2g
Fibre	1.4g	5.5g
Fat	10.7g	42.2g
of which saturated	2g	8g
Sodium	60mg	237mg

Allergens: Soya, Egg, Allium, Sulphites, Tree Nuts, Sugar Alcohol (Sweetener)

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	White Basmati Rice <i>rinse</i>
7,5ml	15ml	Golden Rub <i>(2,5ml [5ml] Ground Turmeric & 5ml [10ml] NOMU Indian Rub)</i>
40ml	80ml	Hellmann's Tangy Mayonnaise
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
50g	100g	Corn
10g	20g	Almonds
150g	300g	Free-Range Chicken Mini Fillets
50ml	100ml	Colleen's Peri-peri Sauce

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

1. GOLDEN RICE Place the rice and golden rub in a pot with 150ml [300ml] 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. CREAMY SALAD Place the mayo into a salad bowl. Loosen with water in 10ml increments until drizzling consistency. Toss through the leaves, the corn, ½ the almonds, and seasoning. Set aside.

3. PERI-PERI CHICKEN While the rice is steaming, place a pan over 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. Remove from the heat, deglaze with a splash of water, then baste with the peri-peri sauce, season, and set aside.

4. AND YOU'RE DONE! Make a bed of the golden rice, top with the peri-peri chicken strips, drizzling over any remaining pan juices. Serve the creamy salad on the side and garnish with the remaining nuts.

Chef's Tip To toast the nuts, place them in a pan over medium heat until golden brown, 2-4 minutes (shifting occasionally).