



UCOOK

Yoghurt-marinated Chicken & Rice

with a sun-dried tomato salad

We're making mmmarinated chicken today, Chef! Yoghurt, garlic, lemon juice, fresh oregano & a special UCOOK spice mix combine to make this chicken shine! This succulent oven-roasted chicken is sided with a serving of leek & carrot jasmine rice and a zesty sun-dried tomato & cheese shaving salad.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Jade Summers

 Fan Faves

 Sijnn Wines | Sijnn White Blend

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

2	Free-range Chicken Pieces
50ml	Greek Yoghurt
1	Garlic Clove <i>peeled & grated</i>
3g	Fresh Oregano <i>rinsed & picked</i>
1	Lemon <i>rinsed & cut into wedges</i>
20ml	Spice Mix <i>(5ml Ground Paprika & 15ml NOMU One For All Rub)</i>
100g	Leeks <i>trimmed at the base & cut in half lengthways</i>
120g	Carrot <i>rinsed, trimmed & cut into small, bite-sized pieces</i>
75ml	Jasmine Rice <i>rinsed</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>
25g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
20g	Italian-style Hard Cheese <i>peeled into ribbons</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. MARINATE Preheat the oven to 200°C. Pat the chicken dry with paper towel. In a bowl, combine the yoghurt, the grated garlic, ½ the oregano leaves, a squeeze of lemon juice (to taste), ½ the spice mix, and seasoning. Add the chicken pieces and toss to coat. Set aside in the fridge for 15 minutes.

2. VEGGIES Thoroughly rinse and roughly slice the halved leeks. Place a pot (with a lid and large enough for the rice) over medium high-heat with a drizzle of oil and a generous knob of butter. When hot, fry the sliced leeks and the carrot pieces until turning lightly golden, 5-6 minutes. Add the remaining spice mix and fry until fragrant, 1-2 minutes.

3. SAVOURY RICE Add the rinsed rice and a pinch of salt to the pot with the leeks. Pour in 150ml of water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

4. ROAST CHICKEN Whilst the rice is on the go, place the marinated chicken on a roasting tray, without the excess marinade. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). In the final 5 minutes, coat the chicken in the reserved marinade.

5. FRESH SALAD In a salad bowl, combine a generous squeeze of lemon juice, a drizzle of olive oil, and seasoning. Add the shredded leaves, the chopped sun-dried tomatoes, and the cheese shavings.

6. TIME TO EAT Make a bed of the savoury rice. Top with the delicious yoghurt chicken and all the tray juices. Serve alongside the fresh salad and garnish with the remaining oregano. Well done, Chef!



Chef's Tip

Air fryer method: Air fry the marinated chicken, skin-side up, at 180°C until cooked through, 20-25 minutes (shifting halfway). In the final 5 minutes, coat the chicken with any remaining marinade.

Nutritional Information

Per 100g

Energy	572kj
Energy	137kcal
Protein	9.1g
Carbs	14g
of which sugars	2.9g
Fibre	1.9g
Fat	5.4g
of which saturated	1.6g
Sodium	135mg

Allergens

Egg, Dairy, Allium, Sulphites

Cook
within 3
Days