



UCCOOK

Quick Chicken Fajita Bowl

with coriander-lime rice & sour cream

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Lauren Nel

Wine Pairing: Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

Nutritional Info

	Per 100g	Per Portion
Energy	432kJ	3803kJ
Energy	103kcal	909kcal
Protein	6.1g	53.6g
Carbs	12g	105g
of which sugars	1.7g	15.1g
Fibre	2.5g	22.1g
Fat	3.6g	32.1g
of which saturated	0.5g	4.2g
Sodium	209mg	1836mg

Allergens: Cow's Milk, Allium

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	White Basmati Rice
15ml	30ml	Lime Juice
3g	5g	Fresh Coriander <i>rinse, pick & finely chop</i>
150g	300g	Chicken Breast Fillet Kebabs
10ml	20ml	Old Stone Mill Mexican Spice
1	1	Bell Pepper <i>rinse, deseed & cut ½ [1] into strips</i>
40g	80g	Corn
60g	120g	Black Beans <i>drain & rinse</i>
1	1	Garlic Clove <i>peel & grate</i>
100ml	200ml	Tomato Salsa
1 unit	1 unit	Guacamole
25ml	50ml	Sour Cream

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. ZESTY, HERBY RICE Place the rice in a pot with 200ml [400ml] 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, add in the lime juice and ½ the coriander. Season and cover.

2. MMMEXICAN CHICKEN Pat the chicken kebabs dry with paper towel and season. Place a pan over medium heat with a drizzle of oil. When hot, fry the chicken until golden and cooked through, 6-8 minutes (shifting occasionally). In the final 1-2 minutes, baste with the Mexican spice and a knob of butter. Remove from the heat.

3. ADD SOME COLOUR Place a pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the pepper and corn until lightly charred, 4-5 minutes (shifting occasionally). In the final 1-2 minutes, add the beans, garlic, and tomato salsa. Remove from the heat and season.

4. BOWL 'EM OVER Bowl up the coriander-lime rice, top with the chicken, and any pan juices. Place the charred corn and bean mixture and guacamole alongside the chicken. Finish with a dollop of sour cream and a sprinkle of the remaining coriander. Dinner is ready!