



UCCOOK

Coca-Cola's Mexi Chicken & Corn Salsa

with basmati rice & tzatziki

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Coca-Cola

Pairing: Drink | Coca-Cola

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 425kj | 2568kj |
| Energy | 102kcal | 614kcal |
| Protein | 8.2g | 49.7g |
| Carbs | 14g | 87g |
| of which sugars | 2.3g | 14g |
| Fibre | 1.1g | 6.8g |
| Fat | 0.9g | 5.7g |
| of which saturated | 0.2g | 1.4g |
| Sodium | 77mg | 467mg |

Allergens: Cow's Milk, Allium, Sulphites

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

| | | |
|------|-------|--|
| 1 | 1 | Onion <i>peel & finely dice</i> |
| 5ml | 10ml | NOMU Mexican Spice Blend |
| 75ml | 150ml | White Basmati Rice <i>rinse</i> |
| 50g | 100g | Corn |
| 150g | 300g | Free-range Chicken Mini Fillets |
| 1 | 1 | Tomato <i>rinse & roughly dice</i> |
| 3g | 5g | Fresh Coriander <i>rinse & pick</i> |
| 10ml | 20ml | Lemon Juice |
| 60ml | 125ml | Tzatziki |

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

Seasoning (salt & pepper)

1. AROMATICS Place a pot (big enough for the rice) over medium heat with a drizzle of oil. When hot, fry the 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 rice, and 150ml [300ml] 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. 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. Alternatively, air fry at 200°C until cooked through, 5-8 minutes (shifting halfway).

5. 1, 2, 3, SALSA In a bowl, combine the charred corn, the tomato, ½ the 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 serve with the corn salsa. Garnish with the remaining coriander. Dollop over the tzatziki. Time to dine, Chef!