



UCOOK

Chicken & Corn Salsa

with basmati rice & tzatziki

White rice is fried in onions and a Mexican spice blend to create the ultimate flavoursome base for golden chicken mini fillets. Served with a charred corn salsa & fresh coriander, and sided with cooling tzatziki. Simple, satisfying, and tasty. What more could you ask for?

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Thea Richter

Simple & Save

Deetlefs Wine Estate | Deetlefs Estate Chenin Blanc

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Ingredients & Prep

2	Onions <i>peel & finely dice 1½</i>
15ml	NOMU Mexican Spice Blend
300ml	White Basmati Rice <i>rinse</i>
150g	Corn
450g	Free-range Chicken Mini Fillets
2	Tomatoes <i>rinse & roughly dice</i>
8g	Fresh Coriander <i>rinse & pick</i>
30ml	Lemon Juice
90ml	Tzatziki

From Your Kitchen

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

1. AROMATICS Place a pot (big enough for the rice) over medium heat with a drizzle of oil. When hot, fry the diced onion until golden and soft, 6-7 minutes (shifting occasionally). In the final minute, add ½ the NOMU spice blend.

2. YUMMY RICE When the onion is soft, add the rinsed rice, and 600ml 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, 4-6 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. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. (You may need to do this step in batches.) 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.

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



Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat in oil, ½ the NOMU spice blend and seasoning. Air fry at 200°C until cooked through, 5-8 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	471kJ
Energy	113kcal
Protein	8.2g
Carbs	17g
of which sugars	2.2g
Fibre	1.2g
Fat	0.9g
of which saturated	0.2g
Sodium	63mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
3 Days