



UCOOK

Tangy Tequila & Lime Chicken

with jasmine rice, corn & baby marrow

Get the salt, find the lime, and take a shot... at this tequila-inspired recipe, Chef. After marinating in a tequila, lime & orange juice marinade with a special spice rub, chicken pieces are oven roasted until golden. Completed with a colourful serving of rice dotted with baby marrow, onion & corn. ¡Arriba, abajo, al centro, pa' dentro!


Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Kate Gomba

 Fan Faves

 Paardenkloof Wines | Paardenkloof Ecology
"Desert Rose" Sauvignon blanc

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Ingredients & Prep

| | |
|-------|--|
| 4 | Free-range Chicken Pieces |
| 160ml | Tequila Marinade <i>(50ml Orange Juice, 50ml Lime Juice & 60ml Tequila)</i> |
| 40ml | Spicy Rub <i>(30ml NOMU Spanish Rub & 10ml Dried Chilli Flakes)</i> |
| 200ml | Jasmine Rice <i>rinse</i> |
| 100g | Corn |
| 200g | Baby Marrow <i>rinse, trim & cut into bite-sized pieces</i> |
| 1 | Onion <i>peel & roughly slice</i> |

From Your Kitchen

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

1. MARINATION Preheat the oven to 200°C. Pat the chicken dry with paper towel. In a bowl, combine the tequila marinade, the spicy rub, and a drizzle of oil. Mix to emulsify, add the chicken pieces, and season. Set aside in the fridge to marinate, 10-15 minutes.

2. CORN & BABY MARROW Place a pot (large enough for the rice) over medium-high heat with a drizzle of oil. When hot, fry the corn and the baby marrow chunks until golden, 5-6 minutes (shifting occasionally). Remove from the pot and season.

3. FRAGRANT RICE Return the pot to medium heat with a drizzle of oil. When hot, fry the sliced onion until soft and lightly golden, 5-6 minutes (shifting occasionally). Add the rinsed rice with 400ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

4. CHICKEN While the rice is on the go, drain the marinade from the chicken pieces and set aside. Spread the chicken pieces on a roasting tray. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). In the final 5-8 minutes, pour the reserved marinade over the chicken and roast for the remaining time.

5. JUST BEFORE SERVING Combine the rice with the corn & baby marrow.

6. DINNER IS READY Dish up the loaded rice. Top with the flavourful chicken & all the tray juices. Look at you, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 638kj |
| Energy | 152kcal |
| Protein | 9.1g |
| Carbs | 16g |
| of which sugars | 2.2g |
| Fibre | 1.2g |
| Fat | 4.7g |
| of which saturated | 1.2g |
| Sodium | 166mg |

Allergens

Allium, Alcohol

Eat
within 3
Days