



UCOOK

Chicken & Corn Salsa

with brown rice & tzatziki

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

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 ***NEW Simple & Save**

 **Strandveld | First Sighting Sauvignon Blanc**

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Ingredients & Prep

1	Onion <i>½ peeled & finely diced</i>
10ml	NOMU Mexican Spice Blend
100ml	Brown Basmati Rice <i>rinsed</i>
50g	Corn
2	Free-range Chicken Drumsticks
10ml	Lemon Juice
1	Tomato <i>roughly diced</i>
4g	Fresh Coriander <i>rinsed & picked</i>
50ml	Tzatziki

From Your Kitchen

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

1. OFF WE GO! Place a pot over medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 3-4 minutes until soft, shifting occasionally. In the final minute, add ½ the NOMU spice blend.

2. A DIFFERENT KIND OF FRIED RICE When the onion is soft, add the rinsed rice to the pot (with the onions). Submerge in 300ml of salted water and pop on the lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. Drain if necessary and fluff up with a fork.

3. HOW CHAR-MING Place a pan, with a lid, over medium-high heat with a drizzle of oil. When hot, add the corn and fry for 3-4 minutes until charred, shifting occasionally. Remove from the pan.

4. DRUM ROLL PLEASE... Pat the chicken drumsticks dry with paper towel and season to taste. Return the pan to a medium-high heat with a drizzle of oil. When hot, add the chicken and pop on the lid. Fry for 12-15 minutes until cooked through, shifting as it colours. In the final 1-2 minutes, remove the lid and baste with the remaining rub and a knob of butter (optional).

5. 1, 2, 3, SALSA In a bowl, combine the lemon juice, a drizzle of olive oil, a sweetener of choice, seasoning, the charred corn, the diced tomato, and ½ the picked coriander.

6. WINNER OF A DINNER! Plate up the rice. Top with the chicken, and served with the corn salsa. Garnish with the remaining coriander. Side with the tzatziki and the remaining corn salsa. Time to dine, Chef!



Chef's Tip

If you have an air fryer, why not use it to cook the chicken? Coat in oil, the NOMU rub, and seasoning. Pop in the air fryer at 200°C. Cook for 15-20 minutes or until cooked through and crispy.

Nutritional Information

Per 100g

Energy	627kJ
Energy	150kcal
Protein	10g
Carbs	17g
of which sugars	2.3g
Fibre	2g
Fat	5g
of which saturated	1.2g
Sodium	192mg

Allergens

Dairy, Allium

Cook
within 2
Days