



UCCOOK

Asian-style Chicken Fried Rice

with toasted sesame seeds

Steaming and fluffy jasmine rice is loaded with golden chicken pieces, a yummy umami-packed sauce, and scrambled egg as an optional add-on. Garnished with toasted sesame seeds.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Kate Gomba



Simple & Save



Waterkloof | False Bay Sauvignon Blanc

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Ingredients & Prep

200ml	Jasmine Rice <i>rinsed</i>
10ml	White Sesame Seeds
300g	Free-range Chicken Mini Fillets
1	Onion <i>peeled & diced</i>
20ml	NOMU Oriental Rub
140ml	Asian Sauce <i>(20ml Honey, 40ml Rice Wine Vinegar, 60ml Low Sodium Soy Sauce & 20ml Sesame Oil)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter
Egg/s (optional)

1. READY THE RICE Place the rinsed rice in a pot 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.

2. OPEN SESAME Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. GOLDEN CHICKEN Pat the chicken dry with paper towel. Cut the chicken into bite-sized pieces and season. Return the pan to high heat with a drizzle of oil. When hot, fry the chicken pieces until golden, 1-2 minutes (shifting occasionally). Remove from the pan.

4. EGG-CELLENT If you would like to add scrambled egg (optional) to your meal, crack 2 eggs into a bowl. Season and whisk until combined.

5. FRAGRANT RICE Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the diced onion and the NOMU rub until fragrant. Add the whisked egg (if using) and fry until cooked through and scrambled, for 1-2 minutes (shifting constantly). Add the chicken pieces, the cooked rice, and the Asian sauce. Fry until combined, 2-3 minutes.

6. DINNER IS READY Make a bed of the fried rice. Garnish with the toasted sesame seeds. Good job, Chef!

Nutritional Information

Per 100g

Energy	728kj
Energy	174kcal
Protein	11g
Carbs	22g
of which sugars	4g
Fibre	1.2g
Fat	4.4g
of which saturated	0.8g
Sodium	349mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within 3
Days