

Eat Within 3 Days

UCOOK

Chilli Marmalade Chicken

with white basmati rice & sugar snaps

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Samantha Manne

Wine Pairing: Koelenhof | Koelenbosch Sauvignon blanc

Nutritional Info	Per 100g	Per Portion
Energy	653kJ	4419kJ
Energy	156kcal	1057kcal
Protein	9.5g	64.3g
Carbs	19g	130g
of which sugars	6.2g	41.9g
Fibre	1.3g	8.7g
Fat	4.8g	32.4g
of which saturated	1.2g	8.3g
Sodium	195mg	1320mg

Allergens: Sulphites, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: Hot

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6	8	Free-range Chicken Pieces
2	2	Onions *peel & cut 1½ [2] into wedges*
15ml	20ml	NOMU Poultry Rub
120ml	160ml	Vinegar Soy Mix *(90ml [120ml] Soy Sauce & 30ml [40ml] Rice Wine Vinegar)*
30g	40g	Fresh Ginger *peel & grate*
3	4	Fresh Chillies *rinse, trim, deseed & finely slice*
125ml	160ml	Marmalade
300ml	400ml	White Basmati Rice *rinse*
30ml	40ml	White Sesame Seeds
200g	250g	Sugar Snaps *rinse*
8g	10g	Fresh Parsley *rinse, pick & roughly chop*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. CHICKEN & MARMALADE MARINADE Preheat the oven to 200°C. Spread the chicken pieces and the onion on a roasting tray. Pat the chicken dry with paper towel. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). In a bowl, combine the vinegar soy mix, the ginger, ½ the chilli, and the marmalade. In the final 3-5 minutes, glaze the chicken with the chilli-marmalade marinade.

2. NICE RICE Place the rice in a pot with 600ml [800ml] of salted water. 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. TOASTED SEEDS 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.

4. BOIL & BLANCH Boil the kettle. Fill a pot with boiling water and a pinch of salt, and bring to a boil. When starting to bubble, simmer the sugar snaps until cooked through but still crunchy, 2-3 minutes. Drain and run under cold water to stop the cooking process.

5. SO IMPRESSIVE Plate up the rice. Top with the chilli-marmalade chicken and side with the crunchy sugar snaps. Garnish with the remaining chilli, the toasted sesame seeds, and the parsley.

Chef's Tip Sugar snap peas are naturally sweet and crunchy. You can eat the whole pod, making them a delicious zero-waste veggie!