

UCOOK

Mouthwatering Chicken & Peri-peri Rice

with lemony green beans & prego sauce

Get ready to tantalise your taste buds! Tender & succulent chicken pieces are cooked to perfection and drizzled with a prego sauce. Paired with fluffy & flavourful peri-peri rice that has just the right amount of heat. Accompanied by tangy & refreshing lemony green beans to cut through the spice. Are you ready, Chef? Let's go!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Fan Faves

 Waterkloof | Circumstance Viognier

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Ingredients & Prep

2	Free-range Chicken Pieces
1	Red Onion <i>½ peeled & diced</i>
1	Red Bell Pepper <i>½ rinsed, de-seeded & thinly sliced</i>
1	Garlic Clove <i>peeled & grated</i>
10ml	Tomato Paste
100ml	White Basmati Rice <i>rinsed</i>
12,5ml	Peri-peri Spice <i>(7,5ml NOMU Peri-peri Rub, 1ml Turmeric & 4ml Paprika)</i>
50g	Peas
4g	Fresh Parsley <i>rinsed, picked & chopped</i>
80g	Green Beans <i>trimmed</i>
1	Lemon <i>zested & cut into wedges</i>
50ml	Prego Sauce

From Your Kitchen

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

1. ARE YOU CHICKEN, MATE? Place a pan (that has a lid) over a medium heat with a drizzle of oil. Pat the chicken pieces dry with paper towel and season. When hot, fry the chicken on one side until browned, 4-6 minutes. Flip, cover with the lid, and fry until cooked through, 12-15 minutes (shifting occasionally).

2. WHILE THE CHICKEN IS COOKING... Place a pot over a medium-high heat with a drizzle of oil. When hot, fry the diced onion and the sliced pepper until soft, 3-4 minutes (shifting occasionally). Add the grated garlic, the tomato paste, and the rinsed rice. Fry until fragrant, 30-60 seconds (shifting constantly).

3. PERI-PERI RICE Add the peri-peri spice, 200ml of water, and seasoning. 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, stir through the peas and ½ the chopped parsley. Cover and set aside to steam, 8-10 minutes.

4. ZESTY BEANS When the chicken is cooked, remove from the pan and set aside to rest, 5 minutes. Return the pan (wiped down) to a medium-high heat with a drizzle of oil. When hot, add the trimmed green beans and fry until starting to char, 4-5 minutes (shifting constantly). Remove from the pan and toss with lemon zest (to taste), a squeeze of lemon juice, and seasoning.

5. GET MUNCHING! Dish up a generous helping of the peri-peri rice. Side with the chicken pieces and the lemony green beans. Drizzle the prego sauce over the chicken. Garnish with the remaining chopped parsley, and serve with any remaining lemon wedges. Lekker, Chef!



Chef's Tip

Air fryer method: Coat the chicken pieces in oil and season. Air fry at 200°C until cooked through and golden, 15-20 minutes.

Nutritional Information

Per 100g

Energy	495kj
Energy	118kcal
Protein	7.9g
Carbs	14g
of which sugars	2.8g
Fibre	1.9g
Fat	3.8g
of which saturated	1g
Sodium	87mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Soy

Cook
within 3
Days