

UCCOOK

Mexi Chicken & Corn Salsa

with basmati rice & tzatziki

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Thea Richter

Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Pinotage

Nutritional Info

	Per 100g	Per Portion
Energy	431kJ	2632kJ
Energy	103kcal	630kcal
Protein	8.4g	51.3g
Carbs	15g	89g
of which sugars	2.3g	14.3g
Fibre	1.2g	7.6g
Fat	1g	6.1g
of which saturated	0.3g	2g
Sodium	114mg	699mg

Allergens: Sulphites, Cow's Milk, Allium

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel & finely dice</i>
30ml	40ml	NOMU Taco Mex Mix
225ml	300ml	White Basmati Rice <i>rinse</i>
150g	200g	Corn
3	4	Free-range Chicken Breasts
2	2	Tomatoes <i>rinse & roughly dice</i>
8g	10g	Fresh Coriander <i>rinse & pick</i>
30ml	40ml	Lemon Juice
180ml	240ml	Tzatziki

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey
Butter

1. AROMATICS Place a pot (big enough for the rice) over medium heat with a drizzle of oil. When hot, fry the onion until golden and soft, 6-7 minutes (shifting occasionally). In the final minute, add ½ the NOMU spice.

2. YUMMY RICE When the onion is soft, add the rice, and 450ml [600ml] of salted water to the pot. 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. CHARRED CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

4. CHICKEN TIME Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel and cut into strips. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. During the final minutes, baste the chicken with a knob of butter and the remaining NOMU spice. Remove from the pan, season, and set aside.

5. 1, 2, 3, SALSA In a bowl, combine the charred corn, the tomato, ½ the coriander, lemon juice, a drizzle of olive oil, a sweetener (to taste), and seasoning.

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