



# U**COOK**

## Chicken Breyani

with basmati rice & tzatziki

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**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

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**Simple & Save:** Serves 1 & 2

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**Chef:** Morgan Otten

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**Wine Pairing:** Deetlefs Wine Estate | Deetlefs Stonecross Chardonnay

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### Nutritional Info

	Per 100g	Per Portion
Energy	497kJ	2877kJ
Energy	119kcal	688kcal
Protein	8.9g	51.5g
Carbs	18g	104g
of which sugars	2g	11.5g
Fibre	1.9g	11.1g
Fat	1.3g	7.8g
of which saturated	0.2g	1.4g
Sodium	44mg	254mg

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**Allergens:** Sulphites, Cow's Milk, Allium

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Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
100ml	200ml	White Basmati Rice <i>rinse</i>
3g	5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
1	1	Garlic Clove <i>peel &amp; grate</i>
150g	300g	Free-range Chicken Mini Fillets
1	1	Onion <i>peel &amp; roughly dice ½ [1]</i>
23,5ml	46ml	Whole Spice Mix <i>(20ml [40ml] NOMU Garam Masala Rub, 2,5ml [5ml] Cumin Seeds &amp; 1 Cinnamon Stick)</i>
1	1	Tomato <i>rinse &amp; roughly dice ½ [1]</i>
50ml	100ml	Raita

## From Your Kitchen

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Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

**1. NICE RICE, CHEF** Place the rice in a pot with 200ml [400ml] 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.

**2. HERB STATION** Place ½ of the parsley on a chopping board along with the garlic. Finely chop until combined in a chunky paste. Set aside.

**3. BIG ON FLAVOUR** Pat dry the chicken with paper towel. Place a pot over medium-high heat with a drizzle of oil. Once hot, add the onion and the whole spice mix. Fry until the onion is soft, 4-5 minutes (shifting occasionally). Add the herb paste, the chicken, and a pinch of salt. Fry until fragrant, 2-3 minutes (shifting regularly). Add the rice and gently toss for 1-2 minutes. Remove from the heat. Cover with a lid, and set aside to dry out for 10 minutes (there should be no liquid remaining). Discard the cinnamon stick, and season.

**4. PLATE IT UP!** Dish up the fragrant breyani alongside the tomato. Dollop over the tzatziki and garnish with the remaining parsley. Eat and be merry, because you earned it!