



UCCOOK

Coca-Cola's Mexi Chicken & Corn Salsa

with basmati rice & tzatziki

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Coca-Cola

Pairing: Drink | Coca-Cola

Nutritional Info

	Per 100g	Per Portion
Energy	425kj	2568kj
Energy	102kcal	614kcal
Protein	8.2g	49.7g
Carbs	14g	87g
of which sugars	2.3g	14g
Fibre	1.1g	6.8g
Fat	0.9g	5.7g
of which saturated	0.2g	1.4g
Sodium	77mg	467mg

Allergens: Cow's Milk, Allium, Sulphites

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

1	1	Onion <i>peel & finely dice</i>
5ml	10ml	NOMU Mexican Spice Blend
75ml	150ml	White Basmati Rice <i>rinse</i>
50g	100g	Corn
150g	300g	Free-range Chicken Mini Fillets
1	1	Tomato <i>rinse & roughly dice</i>
3g	5g	Fresh Coriander <i>rinse & pick</i>
10ml	20ml	Lemon Juice
60ml	125ml	Tzatziki

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

Seasoning (salt & pepper)

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, 4-5 minutes (shifting occasionally). In the final minute, add ½ the NOMU spice blend.

2. YUMMY RICE When the onion is soft, add the rice, and 150ml [300ml] 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 (with a lid) over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 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. 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 spice blend. Remove from the pan, season, and set aside. Alternatively, air fry at 200°C until cooked through, 5-8 minutes (shifting halfway).

5. 1, 2, 3, SALSA In a bowl, combine the charred corn, the tomato, ½ the coriander, the 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!