



UCCOOK

Peri-peri Chicken & Turmeric Rice

with a fresh salad

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Creation Wines | Creation Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	726kJ	2946kJ
Energy	174kcal	705kcal
Protein	12.4g	50.4g
Carbs	18g	74g
of which sugars	1g	4.1g
Fibre	1.3g	5.3g
Fat	5.5g	22.3g
of which saturated	2.4g	9.8g
Sodium	64mg	260mg

Allergens: Tree Nuts, Sugar Alcohol (Sweetener), Cow's Milk, Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

150ml	200ml	Peri-peri Sauce (60ml [80ml] Colleen's Handmade Peri-peri Sauce & 90ml [120ml] Crème Fraîche)
150ml	200ml	Lemon Yoghurt (120ml [160ml] Greek Yoghurt & 30ml [40ml] Lemon Juice)
22,5ml	30ml	Golden Rub (7,5ml [10ml] Ground Turmeric & 15ml [20ml] NOMU Indian Rub)
3	4	Free-range Chicken Breasts <i>pat dry & cut into 1cm thick strips</i>
30g	40g	Almonds
150g	200g	Corn
225ml	300ml	White Basmati Rice <i>rinse</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. GOLDEN RICE Place the rice and golden rub in a pot with 450ml [600ml] of salted water. Cover 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. SUPERB SALAD Place the lemon yoghurt into a small bowl with seasoning. Loosen with water in 10ml increments until drizzling consistency. In a separate salad bowl, add the salad leaves, corn, ½ the almonds, a drizzle of oil and seasoning. Set aside.

3. PERI-PERI CHICKEN While the rice is steaming, place a pan over medium heat with a drizzle of oil. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the heat, deglaze with a splash of water, then baste with the peri-peri sauce (to taste), season, and set aside.

4. AND YOU'RE DONE! Make a bed of the golden rice, top with the peri-peri chicken strips, drizzling over any remaining pan juices. Drizzle over the yoghurt. Serve the dressed salad on the side and garnish with the remaining nuts.

Chef's Tip To toast the nuts, place them in a pan over medium heat until golden brown, 2-4 minutes (shifting occasionally).