



UCOOK

Ginger-infused Rice & Chicken

with fresh coriander, golden baby marrow rounds & lemon

Today we're enjoying the combination of yummy umami flavours such as spicy ginger, salty soy, zingy lemon, and the peppery sweetness of garlic. This all comes together beautifully in this satisfying dish, which features a bed of fluffy loaded rice, topped with juicy yet crispy chicken slices and finished with fresh coriander.


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Thea Richter

 Fan Faves

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc 2021

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Ingredients & Prep

60g	Fresh Ginger <i>peeled & grated</i>
2	Garlic Cloves <i>peeled & grated</i>
3	Spring Onions <i>rinsed & roughly sliced, keeping the white & green parts separate</i>
300ml	Jasmine Rice <i>rinsed</i>
30ml	Chicken Stock
450g	Spinach <i>rinsed & roughly shredded</i>
450g	Baby Marrow <i>rinsed, trimmed & sliced into 1-2cm rounds</i>
3	Free-range Chicken Breasts
15ml	NOMU Oriental Rub
12g	Fresh Coriander <i>rinsed & picked</i>
45ml	Low Sodium Soy Sauce
2	Lemons <i>1½ cut into wedges</i>

From Your Kitchen

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

1. OFF TO A GRATE START Place a large pot over medium-high heat with a drizzle of oil. When hot, add the grated ginger, the grated garlic, and the spring onion whites. Fry for 1-2 minutes until fragrant, shifting constantly. Add the rinsed rice and the stock. Submerge in 600ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat, add the shredded spinach, and steam for 10 minutes. Drain if necessary.

2. TIME FOR THE 2ND ROUND Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, add the baby marrow rounds and fry for 6-7 minutes until browned, shifting occasionally. You might need to do this in batches. Drain on paper towel and season.

3. GET THE CHICKEN CRISPY Return the pan to a medium-high heat with a drizzle of oil. Pat the chicken dry with paper towel. When the pan is hot, fry the chicken, skin-side down, for 5-7 minutes until crispy. Flip, pop on the lid, and fry for 5-7 minutes until cooked through. During the final 1-2 minutes, baste the chicken with a knob of butter or a drizzle of oil and the rub. Remove from the heat and rest in the pan for 5 minutes before slicing. Lightly season the slices.

4. MIX IT UP When the rice is done, add the browned baby marrow, ½ the picked coriander, and seasoning. Mix until combined.

5. VERY NICE CHICKEN & RICE Plate up the loaded rice. Top with the crispy chicken slices and pour over the soy sauce (to taste) and a squeeze of lemon juice. Sprinkle over the remaining coriander and the spring onion greens. Side with a lemon wedge. Time to dine, Chef!

Nutritional Information

Per 100g

Energy	469kJ
Energy	112kcal
Protein	7.1g
Carbs	13g
of which sugars	1.7g
Fibre	1.7g
Fat	3.2g
of which saturated	0.8g
Sodium	527mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 3
Days