



UCOOK

Scrumptious Chicken & Turmeric Rice

with fresh coriander, yoghurt & tomato

Looking for a delicious meal that's sure to spice up your dinner routine? Tender & succulent chicken slices sit atop a bed of aromatic turmeric basmati rice. Finished off with fresh coriander for a zesty kick, creamy yoghurt to balance the flavours, and a refreshing pea & tomato side salad. Simple, yet oh so delicious!

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Thea Richter

 ***NEW Simple & Save**

 **Alvi's Drift | Sparkling Brut Rosé**

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Ingredients & Prep

2	Onions <i>1½ peeled & finely diced</i>
45ml	Golden Rub <i>(15ml Turmeric & 30ml NOMU Indian Rub)</i>
300ml	White Basmati Rice <i>rinsed</i>
75ml	Low Fat Plain Yoghurt
150g	Peas
3	Free-range Chicken Breasts
60g	Salad Leaves <i>rinsed & roughly shredded</i>
2	Tomatoes <i>roughly diced</i>
12g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. GOLDEN RICE Place a pot over medium-high heat with a drizzle of oil. When hot, fry $\frac{3}{4}$ of the diced onion until golden, 4-5 minutes (shifting occasionally). In the final minute, add the golden rub. Add the rinsed rice and 450ml of salted water. Cover with a lid and bring to the boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and steam with the lid on, 8-10 minutes. Fluff with a fork, cover and set aside.

2. PREP STEP Boil the kettle. In a bowl, loosen the yoghurt with water in 5ml increments until drizzling consistency. Set aside. Submerge the peas in boiling water until plump, 2-3 minutes. Drain, place in a salad bowl, and set aside.

3. BUTTERY CHICKY Place a pan (that has a lid) over medium-high heat with a drizzle of oil. Pat the chicken breast dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste with a knob of butter. Remove from the heat and rest for 5 minutes before slicing and seasoning.

4. SIMPLE SIDE SALAD To the salad bowl with the peas, add the shredded leaves, the diced tomato, the remaining onion (to taste), a drizzle of olive oil, and seasoning. Toss until combined.

5. WINNER CHICKEN DINNER Make a bed of the turmeric rice. Top with the sliced chicken drizzled with the yoghurt. Side with the fresh salad and sprinkle over the chopped coriander. Time to dine, Chef!

Nutritional Information

Per 100g

Energy	536kJ
Energy	128kcal
Protein	9.6g
Carbs	20g
of which sugars	3.9g
Fibre	1.8g
Fat	1.2g
of which saturated	0.3g
Sodium	109mg

Allergens

Dairy, Allium

Cook
within 3
Days