



# UCOOK

## Portuguese-style Peri-Peri Chicken

with zingy yoghurt drizzle & a Mediterranean-style salad

This peri-peri chicken is so delicious, they named it twice. Smoky, spicy, crispy, tender roast chicken served with zesty brown rice, charred buttery corn on the cob and a mediterranean-style salad with cucumber, tomatoes, and Danish-style feta all drizzled with a zingy yoghurt dressing! U-mami!

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**Hands-on Time:** 30 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Ella Nasser

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 Fan Faves

 Leopard's Leap | Culinaria Pinot Noir Chardonnay

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## Ingredients & Prep

6	Free-range Chicken Pieces
30ml	NOMU Peri Peri Rub
225ml	Brown Basmati Rice
15ml	Chicken Stock
2	Lemons <i>1½ zested &amp; cut into wedges</i>
3	Corn On The Cob <i>silks removed</i>
60g	Salad Leaves <i>rinsed</i>
240g	Baby Tomatoes <i>halved</i>
150g	Cucumber <i>finely diced</i>
120g	Danish-style Feta <i>drained</i>
85ml	Low Fat Plain Yoghurt

## From Your Kitchen

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

**1. PERI-PERI ROAST** Preheat the oven to 200°C. Place the chicken pieces on a roasting tray. Pat dry with paper towel, coat in oil, the rub and seasoning. Roast in the hot oven for 35-40 minutes until cooked through and crispy. In the final 5 minutes, turn the oven to the grill setting or the highest temperature.

**2. ZESTY BROWN RICE** Rinse the rice and place in a pot over a medium-high heat. Submerge in 700ml of salted water with the chicken stock and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and mix through ½ of the lemon zest.

**3. BUTTERY CORN ON THE COB** Place a pan that has a lid over a high heat. Add a drizzle of oil and a splash of water to just cover the base. Once simmering, place the corn on the cob in the pan and pop on the lid. Cook for 6-7 minutes until most of the water has evaporated. Remove the lid, add a knob of butter (optional) and any remaining lemon zest (optional). Fry for a further 2 minutes until cooked through and golden, turning as it colours. Set aside to cool.

**4. SALAD & DRIZZLE** In a large bowl, place the rinsed salad leaves, halved baby tomatoes, diced cucumber, crumbled feta and juice of 2 lemon wedges. Toss together, season and set aside. In a small bowl, combine the yoghurt, a squeeze of lemon juice, and seasoning. Loosen with water in 5ml increments until drizzling consistency.

**5. VERY-PERI FEAST** Plate up the zesty rice and top with the peri-peri chicken. Serve the feta salad and the corn on the cob alongside. Drizzle over the zingy yoghurt dressing and serve a lemon wedge on the side. Sizzling, Chef!



## Chef's Tip

To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.

## Nutritional Information

Per 100g

Energy	625kj
Energy	149kcal
Protein	10.6g
Carbs	13g
of which sugars	1.9g
Fibre	1.6g
Fat	6.9g
of which saturated	2.4g
Sodium	218mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within 3  
Days