



UCOOK

Tangy Tequila & Lime Chicken

with jasmine rice, corn & baby marrow

Get the salt, find the lime, and take a shot... at this tequila-inspired recipe, Chef. After marinating in a tequila, lime & orange juice marinade with a special spice rub, chicken pieces are oven roasted until golden. Completed with a colourful serving of rice dotted with baby marrow, onion & corn. ¡Arriba, abajo, al centro, pa' dentro!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Paardenkloof Wines | Paardenkloof Ecology
"Desert Rose" Sauvignon blanc

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Ingredients & Prep

2	Free-range Chicken Pieces
80ml	Tequila Marinade <i>(25ml Orange Juice, 25ml Lime Juice & 30ml Tequila)</i>
20ml	Spicy Rub <i>(15ml NOMU Spanish Rub & 5ml Dried Chilli Flakes)</i>
100ml	Jasmine Rice <i>rinse</i>
50g	Corn
100g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces</i>
1	Onion <i>peel & roughly slice</i>

From Your Kitchen

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

1. MARINATION Preheat the oven to 200°C. Pat the chicken dry with paper towel. In a bowl, combine the tequila marinade, the spicy rub, and a drizzle of oil. Mix to emulsify, add the chicken pieces, and season. Set aside in the fridge to marinate, 10-15 minutes.

2. CORN & BABY MARROW Place a pot (large enough for the rice) over medium-high heat with a drizzle of oil. When hot, fry the corn and the baby marrow chunks until golden, 5-6 minutes (shifting occasionally). Remove from the pot and season.

3. FRAGRANT RICE Return the pot to medium heat with a drizzle of oil. When hot, fry the sliced onion until soft and lightly golden, 5-6 minutes (shifting occasionally). Add the rinsed rice with 200ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

4. CHICKEN While the rice is on the go, drain the marinade from the chicken pieces and set aside. Spread the chicken pieces on a roasting tray. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). In the final 5-8 minutes, pour the reserved marinade over the chicken and roast for the remaining time.

5. JUST BEFORE SERVING Combine the rice with the corn & baby marrow.

6. DINNER IS READY Dish up the loaded rice. Top with the flavourful chicken & all the tray juices. Look at you, Chef!

Nutritional Information

Per 100g

Energy	638kj
Energy	152kcal
Protein	9.1g
Carbs	16g
of which sugars	2.2g
Fibre	1.2g
Fat	4.7g
of which saturated	1.2g
Sodium	166mg

Allergens

Allium, Alcohol

Eat
within 3
Days