



UCCOOK

Mexican Chicken & Rice

with a coriander sour cream & pickled jalapeños

The loaded Mexican rice, dotted with corn, onion & jalapeños, make this dish on today's menu. Once fried until golden, the chicken fillets are added, and everything receives a generous helping of coriander sour cream. Add some extra jalapeños as garnish, if you are feeling extra spicy!

Hands-on Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Samantha du Toit

Simple & Save

 Groote Post Winery | Groote Post Old Man's Blend Red Blend

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Ingredients & Prep

1	Onion <i>peel & finely slice ½</i>
40g	Corn
100ml	Brown Basmati Rice <i>rinse</i>
1	Garlic Clove <i>peel & grate</i>
10ml	Mexican Spice
20g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
150g	Free-range Chicken Mini Fillets
30ml	Sour Cream
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. LET'S MAKE MEXICAN Place a pot over medium heat with a drizzle of oil. When hot, fry the sliced onion and the corn until golden, 4-5 minutes (shifting occasionally). Add the rinsed rice and the grated garlic. Fry until fragrant, 1-2 minutes (shifting constantly). Mix in the ½ Mexican spice, 1/2 the chopped jalapeños (to taste), and 350ml of salted water. Cover and bring to a boil. Simmer until the water has been absorbed, 25-30 minutes.

2. FLAVOUR BEFORE YOU FRY While the rice is cooking, pat the chicken dry with paper towel. Place the chicken into a bowl and toss with the remaining the Mexican spice, a drizzle of oil, and seasoning.

3. SPICY CHICKEN 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. Remove from the pan, season, and set aside.

4. CORIANDER SOUR CREAM In a small bowl, combine the sour cream with ½ the chopped coriander, a drizzle of olive oil, and seasoning. Set aside.

5. NICE SPICE RICE Once the rice is cooked and the liquid has all been absorbed, remove from the heat, mix through the cooked chicken and season.

6. MMMMEXICAN NIGHT Plate up the fragrant rice and chicken. Dollop over the coriander sour cream. Garnish with the remaining chopped jalapeños (to taste) and chopped coriander.

Nutritional Information

Per 100g

Energy	678kJ
Energy	162kcal
Protein	11.3g
Carbs	23g
of which sugars	2.2g
Fibre	2.5g
Fat	3.2g
of which saturated	1g
Sodium	112mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
3 Days