

UCOOK

Ginger-infused Rice & Chicken Meatballs

with baby marrow & fresh coriander

Dig into our ginger, garlic, onion & chicken stock-infused rice with steamed spinach, browned baby marrow rounds, and coriander. Topped with golden chicken meatballs, a splash of salty soy sauce & zesty lemon juice. Yum!

Hands-on Time: 45 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Thea Richter

 Fan Faves

 Creation Wines | Creation Chenin Blanc

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Ingredients & Prep

60g	Fresh Ginger <i>peeled & grated</i>
2	Garlic Cloves <i>peeled & grated</i>
2	Onions <i>1½ peeled & finely diced</i>
300ml	Jasmine Rice <i>rinsed</i>
30ml	Chicken Stock
450g	Spinach <i>rinsed & roughly shredded</i>
450g	Free-range Chicken Mince
15ml	NOMU Oriental Rub
450g	Baby Marrow <i>rinsed, trimmed & cut into 1cm thick rounds</i>
8g	Fresh Coriander <i>rinsed & picked</i>
45ml	Low Sodium Soy Sauce
2	Lemons <i>1½ rinsed & cut into wedges</i>

From Your Kitchen

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

1. OFF TO A GRATE START Place a large pot over medium-high heat with a drizzle of oil. When hot, fry the grated ginger, the grated garlic, and ½ the diced onion until fragrant, 1-2 minutes (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 until most of the water has been absorbed, 10 minutes. Keeping the lid on, remove from the heat, add the shredded spinach, and steam for 10 minutes. Drain if necessary.

2. MAKE THE MEATBALLS In a bowl, combine the mince, the remaining onion, the NOMU rub, and seasoning. Wet your hands slightly and shape the mince mixture into 12-15 meatballs.

3. BABY MARROWS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the baby marrow rounds until browned, 5-6 minutes (shifting occasionally). Drain on paper towel and season.

4. FRY THE FLAVOURBOMBS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 5-6 minutes (shifting occasionally). Remove from the pan and cover.

5. LOADED WITH FLAVOUR When the rice is done, add the browned baby marrow, ½ the picked coriander, and seasoning. Mix until combined.

6. THAT PLATE LOOKS GREAT! Plate up the loaded rice. Top with the chicken meatballs and pour over the soy sauce (to taste) and a squeeze of lemon juice. Sprinkle over the remaining coriander. Side with a lemon wedge. Time to dine, Chef!

Nutritional Information

Per 100g

Energy	375kj
Energy	90kcal
Protein	5.4g
Carbs	13g
of which sugars	1.9g
Fibre	1.8g
Fat	1.9g
of which saturated	0.5g
Sodium	429mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 1
Day