



U&COOK

Golden Tomato Chicken & Rice

with jasmine rice & fresh chives

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	827kJ	3126kJ
Energy	198kcal	748kcal
Protein	11.9g	44.9g
Carbs	23g	86g
of which sugars	2.3g	8.5g
Fibre	1.6g	6g
Fat	6.6g	24.8g
of which saturated	3.1g	11.9g
Sodium	96mg	364mg

Allergens: Cow's Milk, Allium, Sulphites

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Jasmine Rice <i>rinse</i>
150g	300g	Free-range Chicken Mini Fillets
1	1	Garlic Clove <i>peel & grate</i>
20g	40g	Sun-dried Tomatoes <i>drain & roughly chop</i>
50ml	100ml	Fresh Cream
40g	80g	Peas
20g	40g	Green Leaves <i>rinse & roughly shred</i>
3g	5g	Fresh Chives <i>rinse & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Seasoning (salt & pepper)

1. READY. STEADY. COOK! Place the rice in a pot with 200ml [400ml] 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.

2. WINNER CHICKEN DINNER Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken for 1-2 minutes per side. Remove from the pan, season and set aside.

3. GRATE, CHOP & SIMMER Return the pan to medium-high heat with a drizzle of oil. Sauté the garlic until fragrant, 1-2 minutes (shifting constantly). Add the sun-dried tomatoes and fry, 1-2 minutes (shifting occasionally). Stir in the cream, 65ml [125ml] of warm water, and simmer until slightly reduced, 5-6 minutes (stirring occasionally). In the final 1-2 minutes, mix in the chicken. Loosen with a splash of warm water if it's too thick.

4. PLUMP UP THE PEAS Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside. In a bowl, combine the green leaves, the peas, a drizzle of olive oil, and seasoning.

5. TIME TO DINE! Dish up the fluffy rice and top with the sun-dried tomato chicken with all the sauce. Side with the green salad and sprinkle over the chives. Yum!