



# UCOOK

## Asian-style Chicken Fried Rice

with toasted sesame seeds

Steaming and fluffy jasmine rice is loaded with golden chicken pieces, a yummy umami-packed sauce, and scrambled egg as an optional add-on. Garnished with toasted sesame seeds.

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**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

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**Serves:** 4 People


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**Chef:** Kate Gomba

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 Simple & Save

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 Waterkloof | False Bay Sauvignon Blanc

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## Ingredients & Prep

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400ml	Jasmine Rice <i>rinsed</i>
20ml	White Sesame Seeds
600g	Free-range Chicken Mini Fillets
2	Onions <i>peeled &amp; diced</i>
40ml	NOMU Oriental Rub
285ml	Asian Sauce <i>(40ml Honey, 80ml Rice Wine Vinegar, 125ml Low Sodium Soy Sauce &amp; 40ml Sesame Oil)</i>

## From Your Kitchen

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

**1. READY THE RICE** Place the rinsed rice in a pot with 800ml 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. OPEN SESAME** Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. GOLDEN CHICKEN** Pat the chicken dry with paper towel. Cut the chicken into bite-sized pieces and season. Return the pan to high heat with a drizzle of oil. When hot, fry the chicken pieces until golden, 1-2 minutes (shifting occasionally). You may need to do this step in batches. Remove from the pan.

**4. EGG-CELLENT** If you would like to add scrambled egg (optional) to your meal, crack 4 eggs into a bowl. Season and whisk until combined.

**5. FRAGRANT RICE** Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the diced onion and the NOMU rub until fragrant. Add the whisked egg (if using) and fry until cooked through and scrambled, for 1-2 minutes (shifting constantly). Add the chicken pieces, the cooked rice, and the Asian sauce. Fry until combined, 2-3 minutes.

**6. DINNER IS READY** Make a bed of the fried rice. Garnish with the toasted sesame seeds. Good job, Chef!

## Nutritional Information

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Per 100g

Energy	728kj
Energy	174kcal
Protein	11g
Carbs	22g
of which sugars	4g
Fibre	1.2g
Fat	4.4g
of which saturated	0.8g
Sodium	349mg

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## Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Soy

Cook  
within 3  
Days