

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: 35 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 Creation Wines | Creation Chenin Blanc

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Ingredients & Prep

20g	Fresh Ginger <i>peeled & grated</i>
1	Garlic Clove <i>peeled & grated</i>
1	Onion <i>½ peeled & finely diced</i>
100ml	Jasmine Rice <i>rinsed</i>
10ml	Chicken Stock
150g	Spinach <i>rinsed & roughly shredded</i>
150g	Free-range Chicken Mince
5ml	NOMU Oriental Rub
150g	Baby Marrow <i>rinsed, trimmed & cut into 1cm thick rounds</i>
3g	Fresh Coriander <i>rinsed & picked</i>
15ml	Low Sodium Soy Sauce
1	Lemon <i>½ rinsed & cut into wedges</i>

From Your Kitchen

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

1. FRAGRANT RICE Place a 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 225ml 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 4-5 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, 4-5 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