



UCOOK

Creamy Chicken & Rice

with fresh thyme

It's chicken and rice, but made with high-quality ingredients and that special UCOOK touch! A sour cream-based sauce, infused with thyme, NOMU Italian rub & garlic, covers juicy slices of chicken. Served on a bed of fluffy, steamed basmati rice.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Suné van Zyl

Simple & Save

Stettyn Wines | Stettyn Family Range Rosé
Chardonnay Pinot Noir 2023

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Ingredients & Prep

200ml	White Basmati Rice <i>rinse</i>
2	Free-range Chicken Breasts
100ml	Sour Cream
1	Onion <i>peel & finely dice</i>
2	Garlic Cloves <i>peel & grate</i>
5g	Fresh Thyme <i>rinse & pick</i>
20ml	NOMU Italian Rub

From Your Kitchen

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

1. RICE Place the rinsed rice in a pot with 400ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. CHICKEN Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. SAUCE Loosen the sour cream with 200ml of water. Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). In the final minute, add the grated garlic, ½ the picked thyme and the NOMU rub. Fry until fragrant and pour in the loosened sour cream. Simmer until slightly thickening, 3-4 minutes. Mix in the sliced chicken and season.

4. THYME TO EAT! Dish up the rice, top with the creamy chicken, and garnish with the remaining thyme.

Nutritional Information

Per 100g

Energy	626kj
Energy	150kcal
Protein	10.1g
Carbs	20g
of which sugars	1.9g
Fibre	1.1g
Fat	3.1g
of which saturated	1.4g
Sodium	71mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
3 Days