



UCCOOK

Tangy Tequila & Lime Chicken

with jasmine rice, corn & patty pans

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 605kj | 4235kj |
| Energy | 145kcal | 1013kcal |
| Protein | 8.4g | 58.9g |
| Carbs | 15g | 108g |
| of which sugars | 2.4g | 17g |
| Fibre | 1.4g | 9.6g |
| Fat | 4.3g | 30.4g |
| of which saturated | 1.1g | 7.9g |
| Sodium | 155mg | 1084mg |

Allergens: Alcohol, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

| | | |
|----------|------------|--|
| Serves 3 | [Serves 4] | |
| 6 | 8 | Free-range Chicken Pieces |
| 240ml | 320ml | Tequila Marinade <i>(75ml [100ml] Orange Juice, 75ml [100ml] Lime Juice & 90ml [120ml] Tequila)</i> |
| 60ml | 80ml | Spicy Rub <i>(45ml [60ml] NOMU Spanish Rub & 15ml [20ml] Dried Chilli Flakes)</i> |
| 150g | 200g | Corn |
| 240g | 320g | Patty Pans <i>rinse, trim & cut into bite-sized pieces</i> |
| 2 | 2 | Onions <i>peel & roughly slice</i> |
| 300ml | 400ml | Jasmine Rice <i>rinse</i> |

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. MARINATION STATION Preheat the oven to 200°C. Pat the chicken dry with paper towel. In a bowl, combine the tequila marinade, the spicy rub, and a drizzle of oil. Mix to emulsify, add the chicken pieces, and season. Set aside in the fridge to marinate, 10-15 minutes.

2. CORN & PATTY PANS Place a pot (large enough for the rice) over medium-high heat with a drizzle of oil. When hot, fry the corn and the patty pans until golden, 6-8 minutes (shifting occasionally). Remove from the pot and season.

3. TASTY TEQUILA CHICKEN Drain the marinade from the chicken pieces and set aside. Spread the chicken pieces on a roasting tray. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). In the final 5-8 minutes, pour the reserved marinade over the chicken and roast for the remaining time.

4. FRAGRANT RICE Return the pot to medium heat with a drizzle of oil. Fry the onion until soft and lightly golden, 5-6 minutes (shifting occasionally). Add the rice with 600ml [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 add the corn and patty pans.

5. DINNER IS READY Dish up the loaded rice, top with the flavourful chicken and all the tray juices. Look at you, Chef!