



UCOOK

Chicken & Jalapeño Salsa

with corn on the cob

Mexico meets South America in this delicious fusion dish made with juicy chicken slices roasted in NOMU Mexican Rub and yoghurt. Served on a bed of millet laced with chimichurri, and sided with golden corn on the cob and a jalapeño & tomato salsa. Sprinkled with sunflower seeds and coriander - this one is a real taste explosion!

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Quick & Easy

 Leopard's Leap | Sauvignon Blanc

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Ingredients & Prep

1	Corn On The Cob
1	Free-range Chicken Breast
50ml	Low Fat Plain Yoghurt
10ml	NOMU Mexican Spice Blend
10g	Sunflower Seeds
75ml	Millet
10g	Sliced Pickled Jalapeños
4g	Fresh Coriander
1	Tomato
30ml	Pesto Princess Chimichurri

From Your Kitchen

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

1. ROAST MOMENT Preheat the oven to 200°C. Place the corn on the cob on a baking tray. Coat in oil, and season. Pat the chicken dry with paper towel and place in a bowl. Add ½ the yoghurt and the spice blend. Mix until fully coated. Place the coated chicken, along with all the yoghurt, on the baking tray with the corn. Roast in the hot oven for 10-15 minutes until cooked through and golden, shifting halfway. On completion, set the chicken aside to rest for 5 minutes before slicing. Lightly season the slices.

2. OPTIONAL: TOAST THE SEEDS Place the sunflower seeds in a pot over medium high heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pot on completion and set aside to cool.

3. CHIMMI MILLET Return the pot to a medium heat. When hot, toast the millet for 1-3 minutes, shifting occasionally. Pour in 150ml of salted water and cover with a lid. Once boiling, reduce the heat and gently simmer for 10-12 minutes until the water has been absorbed and the millet is cooked. If it dries out, add more water in small increments to continue cooking. On completion, drain if necessary and return to the pot. Toss through the chimichurri (to taste) and seasoning.

4. PREP STEP While the millet is simmering, drain and roughly chop the jalapeño. Rinse the coriander. Roughly chop the tomato and the rinsed coriander. In a bowl, combine the chopped tomato, the chopped jalapeño (to taste), ½ the chopped coriander, a drizzle of oil, and seasoning.

5. DIG IN! Make a bed of the chimichurri millet. Top with the chicken slices and dollop over the remaining yoghurt. Side with the corn on the cob and the jalapeño salsa. Sprinkle over the sunflower seeds and the remaining coriander. Time to dine!



Chef's Tip

If you have the time, marinate the chicken for at least an hour or overnight before cooking.

Nutritional Information

Per 100g

Energy	536kJ
Energy	133kcal
Protein	9.1g
Carbs	14g
of which sugars	2.6g
Fibre	2g
Fat	4.1g
of which saturated	0.6g
Sodium	180mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days