

UCCOOK

Peri-peri Chicken & Turmeric Rice

with charred corn on the cob & a fresh salad

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	679kj	3097kj
Energy	163kcal	741kcal
Protein	11.2g	51.1g
Carbs	18g	80g
of which sugars	1.8g	8.1g
Fibre	1.5g	6.9g
Fat	5.5g	25.2g
of which saturated	2.2g	10.1g
Sodium	62mg	281mg

Allergens: Sulphites, Tree Nuts, Sugar Alcohol
(Sweetener), Cow's Milk, Allium

Spice Level: Hot

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	White Basmati Rice <i>rinse</i>
7.5ml	15ml	Golden Rub <i>(2.5ml [5ml] Turmeric & 5ml [10ml] NOMU Rub)</i>
1	2	Corn on the Cob/s <i>remove silks</i>
1	2	Free-range Chicken Breast/s
50ml	100ml	Peri-peri Sauce <i>(20ml [40ml] Peri-peri Sauce & 60ml [80ml] Crème fraîche)</i>
20g	40g	Salad Leaves
20g	40g	Pitted Kalamata Olives <i>drain</i>
10g	20g	Almonds <i>roughly chop</i>
20ml	80ml	Lemon Yoghurt <i>(30ml [60ml] Yoghurt & 10ml [20ml] Lemon Juice)</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. GOLDEN RICE Place the rice and golden rub in a pot with 150ml [300ml] of salted water. Cover 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. CHARRED CORN Place a pan over medium heat with a drizzle of oil and a knob of butter. Fry the corn until lightly charred, 4-5 minutes (turning as it colours). Remove from the pan, season, and set aside. Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

3. PERI-PERI CHICKEN & SALAD Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel and season. Fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the heat and then baste with the peri-peri sauce (to taste). Rinse the salad leaves and roughly shred. In a bowl, combine the leaves, olives, nuts, and lemon yoghurt (to taste).

4. TIME TO EAT Make a bed of the golden rice, top with the peri-peri chicken, side with the corn, and the salad. Well done, Chef!

Chef's Tip To toast the nuts, place them in a pan over medium heat until golden brown, 2-4 minutes (shifting occasionally).