



QCOOK

Creamy Corn & Grilled Chicken Salad

with piquanté peppers & basmati rice

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross
Chenin Blanc

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 680kj | 3256kj |
| Energy | 163kcal | 779kcal |
| Protein | 9.9g | 47.3g |
| Carbs | 18.7g | 89.7g |
| of which sugars | 2.7g | 12.8g |
| Fibre | 1.6g | 7.8g |
| Fat | 5.1g | 24.4g |
| of which saturated | 0.8g | 3.9g |
| Sodium | 137mg | 654mg |

Allergens: Sulphites, Cow's Milk, Soya, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

| | | |
|----------|------------|---|
| Serves 3 | [Serves 4] | |
| 225ml | 300ml | White Basmati Rice <i>rinse</i> |
| 30g | 40g | Pumpkin Seeds |
| 360g | 480g | Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i> |
| 150g | 200g | Corn |
| 3 | 4 | Free-range Chicken Breasts |
| 15ml | 20ml | NOMU BBQ Rub |
| 60g | 80g | Piquanté Peppers <i>drain</i> |
| 150ml | 200ml | Hellmann's Tangy Mayonnaise |
| 8g | 10g | Fresh Chives <i>rinse & finely slice</i> |

From Your Kitchen

Seasoning (salt & pepper)

Water

Butter

Paper Towel

Oil (cooking, olive or coconut)

1. RICE IS NICE Place the rice in a pot with 450ml [600ml] 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. TOAST THE SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. GOLDEN CARROT & CORN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the carrot until lightly golden (the carrot must be tender), 12-15 minutes (shifting occasionally). At the halfway mark, add the corn and fry until golden. Remove from the pan, season, and set aside.

4. BUTTERY, NOMU-SPICED CHICKEN Return the pan (with a lid) to 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 and NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning. Alternatively, air fry at 200°C until cooked through, 10-12 minutes (shifting halfway).

5. JUST BEFORE SERVING In a bowl, combine the rice, corn, carrots, peppers, pumpkin seeds, and mayo.

6. DINNER IS READY Bowl up the loaded rice salad, top with the chicken, and garnish with a sprinkle of the chives. Well done, Chef!