



WCOOK

Tangy Tequila & Lime Chicken

with jasmine rice, corn & baby marrow

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Sophie Germanier Organic | Sophie Germanier Chardonnay Organic

Nutritional Info

	Per 100g	Per Portion
Energy	588kJ	4232kJ
Energy	141kcal	1012kcal
Protein	8.3g	59.8g
Carbs	15g	109g
of which sugars	2.4g	17.6g
Fibre	1.3g	9.2g
Fat	4.2g	30.5g
of which saturated	1.1g	7.9g
Sodium	151mg	1086mg

Allergens: Allium, Alcohol

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2	4	Free-range Chicken Pieces
80ml	160ml	Tequila Marinade <i>(25ml [50ml] Orange Juice, 25ml [50ml] Lime Juice & 30ml [60ml] Tequila)</i>
20ml	40ml	Spicy Rub <i>(15ml [30ml] NOMU Spanish Rub & 5ml [10ml] Dried Chilli Flakes)</i>
50g	100g	Corn
100g	200g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces</i>
1	1	Onion <i>peel & roughly slice</i>
100ml	200ml	Jasmine Rice <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

1. MARINATION 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 & BABY MARROW Place a pot (large enough for the rice) over medium-high heat with a drizzle of oil. When hot, fry the corn and the baby marrow until golden, 5-6 minutes (shifting occasionally). Remove from the pot and season.

3. 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, 25-30 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 200ml [400ml] 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 baby marrow.

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