



# UCOOK

## Peri-peri Chicken & Turmeric Rice

with a creamy salad

Always a crowdpleaser, this peri-peri chicken recipe balances the spicy kick with a creamy salad dotted with almonds & pops of corn. Golden turmeric rice adds substance and the special peri-peri sauce the yumminess.

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**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

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**Serves:** 2 People

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**Chef:** Megan Bure

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Quick & Easy

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Paardenkloof Wines | Paardenkloof Ecology Shiraz

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## Ingredients & Prep

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150ml	White Basmati Rice <i>rinse</i>
15ml	Golden Rub <i>(5ml Ground Turmeric &amp; 10ml NOMU Indian Rub)</i>
40ml	Mayo
40g	Salad Leaves <i>rinse &amp; roughly shred</i>
100g	Corn
20g	Almonds
2	Free-range Chicken Breasts <i>pat dry &amp; cut into 1-2cm strips</i>
100ml	Peri-peri Sauce

## From Your Kitchen

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

**1. GOLDEN RICE** Place the rinsed rice and the golden rub in a pot with 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. CREAMY SALAD** Place the mayo into a salad bowl. Loosen with water in 10ml increments until drizzling consistency. Toss through the shredded leaves, the corn, ½ the almonds, and seasoning. Set aside.

**3. PERI-PERI CHICKEN** While the rice is steaming, place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the heat and deglaze with a splash of water. Baste with the peri-peri sauce, season, and set aside.

**4. AND YOU'RE DONE!** Make a bed of the golden rice, top with the peri-peri chicken strips, drizzling over any remaining pan juices. Serve the creamy salad on the side and garnish with the remaining nuts.



## Chef's Tip

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

## Nutritional Information

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Per 100g

Energy	757kj
Energy	181kcal
Protein	12.2g
Carbs	20g
of which sugars	1.3g
Fibre	1.5g
Fat	5.9g
of which saturated	1.1g
Sodium	84mg

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## Allergens

Allium, Sulphites, Sugar Alcohol (Xylitol), Tree Nuts

Eat  
Within  
3 Days