



UCCOOK

Chicken A La King

with green pepper & mushrooms

Experience the comfort of this simple dish, with tender chicken in a creamy sauce, accented by flavorful green peppers and mushrooms, and served over fluffy basmati rice.


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 ***NEW Simple & Save**

 **Alvi's Drift | Sparkling Brut Blanc de Blanc**

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Ingredients & Prep

100ml	White Basmati Rice
1	Green Bell Pepper
65g	Mushrooms
1	Free-range Chicken Breast
15ml	Cake Flour
5ml	NOMU One For All Rub
100ml	Low Fat Milk

From Your Kitchen

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

1. READY THE RICE Rinse the rice and place in a pot over medium-high heat. Submerge in 225ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. Drain if necessary, and fluff up with a fork.

2. CHOP CHOP Rinse, deseed and roughly dice ½ the green pepper. Roughly chop the mushrooms. Pat the chicken dry with paper towel and cut into bite-sized chunks.

3. COOK THE CHICKEN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the chicken for 1-2 minutes per side until golden but not cooked through. Remove from the pan and set aside.

4. NOW FOR THE SAUCE Return the pan to a medium heat with a drizzle of oil, if necessary. When hot, add the diced pepper and the chopped mushrooms. Fry for 4-5 minutes until golden, shifting occasionally. Add the flour and NOMU Rub. Fry for 1-2 minutes until fragrant, shifting constantly. Pour in the milk and 50ml of water. Simmer for 3-5 minutes until slightly thickened. In the final 1-2 minutes, add the browned chicken. Add a splash of water if it's too thick for your liking. Season.

5. FOOD FIT FOR A KING Make a bed of the fluffy rice and top with the chicken a la king. Easy peasy, Chef!

Nutritional Information

Per 100g

Energy	470kJ
Energy	112kcal
Protein	10.8g
Carbs	14g
of which sugars	1.6g
Fibre	1g
Fat	1.6g
of which saturated	0.6g
Sodium	48mg

Allergens

Gluten, Dairy, Allium, Wheat

Cook
within 3
Days