



UCCOOK

Asian-style Chicken Fried Rice

with toasted sesame seeds

Steaming and fluffy jasmine rice is loaded with golden chicken pieces, a yummy umami-packed sauce, and scrambled egg as an optional add-on. Garnished with toasted sesame seeds.


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Kate Gomba

 Simple & Save

 Waterkloof | False Bay Sauvignon Blanc

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Ingredients & Prep

300ml	Jasmine Rice <i>rinsed</i>
15ml	White Sesame Seeds
450g	Free-range Chicken Mini Fillets
2	Onions <i>peeled & diced</i>
30ml	NOMU Oriental Rub
210ml	Asian Sauce <i>(30ml Honey, 60ml Rice Wine Vinegar, 90ml Low Sodium Soy Sauce & 30ml Sesame Oil)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter
Egg/s (optional)

1. READY THE RICE Place the rinsed rice in a pot with 600ml 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 cover.

2. OPEN SESAME Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. GOLDEN CHICKEN Pat the chicken dry with paper towel. Cut the chicken into bite-sized pieces and season. Return the pan to high heat with a drizzle of oil. When hot, fry the chicken pieces until golden, 1-2 minutes (shifting occasionally). You may need to do this step in batches. Remove from the pan.

4. EGG-CELLENT If you would like to add scrambled egg (optional) to your meal, crack 3 eggs into a bowl. Season and whisk until combined.

5. FRAGRANT RICE Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the diced onion and the NOMU rub until fragrant. Add the whisked egg (if using) and fry until cooked through and scrambled, for 1-2 minutes (shifting constantly). Add the chicken pieces, the cooked rice, and the Asian sauce. Fry until combined, 2-3 minutes.

6. DINNER IS READY Make a bed of the fried rice. Garnish with the toasted sesame seeds. Good job, Chef!

Nutritional Information

Per 100g

Energy	728kj
Energy	174kcal
Protein	11g
Carbs	22g
of which sugars	4g
Fibre	1.2g
Fat	4.4g
of which saturated	0.8g
Sodium	349mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within 3
Days