



UCCOOK

Portuguese-style Peri-Peri Chicken

with zingy yoghurt drizzle & a Mediterranean-style salad

This peri-peri chicken is so delicious, they named it twice. Smoky, spicy, crispy, tender roast chicken served with zesty brown rice, charred buttery corn on the cob and a mediterranean-style salad with cucumber, tomatoes, and Danish-style feta all drizzled with a zingy yoghurt dressing! U-mami!

Hands-on Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Ella Nasser

 Fan Faves

 Leopard's Leap | Culinaria Pinot Noir Chardonnay

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Ingredients & Prep

2	Free-range Chicken Pieces
10ml	NOMU Peri Peri Rub
75ml	Brown Basmati Rice
5ml	Chicken Stock
1	Lemon <i>½ zested & cut into wedges</i>
1	Corn On The Cob <i>silks removed</i>
20g	Salad Leaves <i>rinsed</i>
80g	Baby Tomatoes <i>halved</i>
50g	Cucumber <i>finely diced</i>
40g	Danish-style Feta <i>drained</i>
30ml	Low Fat Plain Yoghurt

From Your Kitchen

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

1. PERI-PERI ROAST Preheat the oven to 200°C. Place the chicken pieces on a roasting tray. Pat dry with paper towel, coat in oil, the rub and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and crispy. In the final 5 minutes, turn the oven to the grill setting or the highest temperature.

2. ZESTY BROWN RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 300ml of salted water with the chicken stock and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and mix through ½ of the lemon zest.

3. BUTTERY CORN ON THE COB Place a pan that has a lid over a high heat. Add a drizzle of oil and a splash of water to just cover the base. Once simmering, place the corn on the cob in the pan and pop on the lid. Cook for 6-7 minutes until most of the water has evaporated. Remove the lid, add a knob of butter (optional) and any remaining lemon zest (optional). Fry for a further 2 minutes until cooked through and golden, turning as it colours. Set aside to cool.

4. SALAD & DRIZZLE In a bowl, place the rinsed salad leaves, halved baby tomatoes, diced cucumber, crumbled feta and juice of 1 lemon wedge. Toss together, season and set aside. In a small bowl, combine the yoghurt, a squeeze of lemon juice, and seasoning. Loosen with water in 5ml increments until drizzling consistency.

5. VERY-PERI FEAST Plate up the zesty rice and top with the peri-peri chicken. Serve the feta salad and the corn on the cob alongside. Drizzle over the zingy yoghurt dressing and serve a lemon wedge on the side. Sizzling, Chef!



Chef's Tip

To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.

Nutritional Information

Per 100g

Energy	625kj
Energy	149kcal
Protein	10.6g
Carbs	13g
of which sugars	1.9g
Fibre	1.6g
Fat	6.9g
of which saturated	2.4g
Sodium	218mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days