



UCCOOK

Garlicky Chicken & Broccoli

with fluffy rice

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Lauren Nel

Wine Pairing: Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

Nutritional Info	Per 100g	Per Portion
Energy	719kj	3579kj
Energy	172kcal	856kcal
Protein	10.2g	50.7g
Carbs	16g	78g
of which sugars	1.6g	7.9g
Fibre	2g	10.2g
Fat	7.8g	38.7g
of which saturated	4.4g	22g
Sodium	75mg	376mg

Allergens: Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	White Basmati Rice <i>rinse</i>
100g	200g	Broccoli Florets <i>rinse & cut into bite-sized pieces</i>
150g	300g	Free-range Chicken Mini Fillets
5ml	10ml	Smoked Paprika
1	2	Garlic Clove/s <i>peel & grate</i>
3g	5g	Fresh Thyme <i>rinse</i>
10ml	20ml	NOMU One For All Rub
100ml	200ml	Fresh Cream
50g	100g	Peas
20g	40g	Spinach <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. **RICE** Place the rice in a pot with 150ml [300ml] of salted water. Cover with a lid 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. **BROC** Place a pan over medium-high heat with a splash of water. When starting to bubble, add the broccoli, cover with a lid and simmer until the broccoli is tender but still bright green, 3-4 minutes. Remove from the pan and season. Warm just before serving.

3. **CHICKEN** Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel, coat with the paprika, and season. When hot, fry the chicken until golden but not cooked through, 30-60 seconds per side. Remove from the pan. Return the pan to medium heat with a drizzle of oil. Fry the garlic, thyme, and NOMU rub until fragrant, 1-2 minutes. Stir in the cream, peas, and the chicken. Simmer until the chicken is cooked through, and the sauce is slightly thickened, 3-5 minutes. Mix in the spinach and cook until wilted, 1-2 minutes. Remove from the heat, discard the thyme sprigs, and season.

4. **DINE** Plate up the fluffy rice, spoon over the garlicky chicken, and side with the broccoli. Dig in, Chef!