



UgCOOK

Chicken Breyani

with brown basmati rice & tzatziki

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Simple & Save: Serves 1 & 2

Chef: Morgan Otten

Wine Pairing: Strandveld | First Sighting Syrah

Nutritional Info	Per 100g	Per Portion
Energy	516kJ	2979kJ
Energy	123kcal	719kcal
Protein	8.9g	51.6g
Carbs	18g	103g
of which sugars	2.1g	12.3g
Fibre	1.9g	10.7g
Fat	1.4g	8.3g
of which saturated	0.2g	1.4g
Sodium	128mg	739mg

Allergens: Cow's Milk, Allium, Sulphites

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Brown Basmati Rice <i>rinse</i>
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
1	1	Garlic Clove <i>peel & grate</i>
150g	300g	Free-range Chicken Mini Fillets
1	1	Onion <i>peel & roughly dice ½ [1]</i>
15ml	30ml	NOMU Indian Rub
4,5ml	7ml	Whole Spice Mix <i>(1 Cinnamon Stick, 2,5ml [5ml] Cumin Seeds & 1 Cardamom Pod)</i>
1	1	Tomato <i>rinse & roughly dice ½ [1]</i>
50ml	100ml	Tzatziki

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. NICE RICE, CHEF! Place the rice in a pot with 300ml [500ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

2. HERB STATION Place ½ of the coriander on a chopping board along with the garlic. Finely chop until combined in a chunky paste. Set aside.

3. BIG ON FLAVOUR Pat dry the chicken with paper towel. Place a pot over medium-high heat with a drizzle of oil. Once hot, add the onion, the NOMU rub, and the whole spice mix. Fry until the onion is soft, 4-5 minutes (shifting occasionally). Add the coriander paste, the chicken, and a pinch of salt. Fry until fragrant, 2-3 minutes (shifting regularly). Add the rice and gently toss for 1-2 minutes. Remove from the heat. Cover with a lid, and set aside to dry out for 10 minutes (there should be no liquid remaining). Remove from the heat, discard the cinnamon stick, and season.

4. PLATE IT UP! Dish up the fragrant breyani alongside the tomato. Dollop over the tzatziki and garnish with the remaining coriander. Eat and be merry, because you earned it! (And watch out for those sneaky cardamom pods.)