



UCCOOK

Peri-peri Chicken

with coriander rice

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Paul Cluver | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	345kj	2728kj
Energy	83kcal	653kcal
Protein	5.8g	46g
Carbs	12g	93g
of which sugars	2g	16g
Fibre	1.5g	11.6g
Fat	1.6g	12.3g
of which saturated	0.8g	6.1g
Sodium	14mg	114mg

Allergens: Cow's Milk, Allium, Sugar Alcohol (Sweetener)

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	White Basmati Rice <i>rinse</i>
5g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>
1	1	Lemon <i>rinse, zest & cut into wedges</i>
1	1	Tomato <i>rinse & roughly dice ½ [1]</i>
50g	100g	Cucumber <i>rinse & roughly dice</i>
150g	300g	Free-range Chicken Mini Fillets
1	1	Onion <i>peel & roughly dice ½ [1]</i>
40ml	80ml	Creamy Peri Peri <i>(20ml [40ml] Colleen's Handmade Peri-peri Sauce & 20ml [40ml] Crème Fraîche)</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. **CORIANDER RICE** Boil the kettle. Place the rice in a pot with 200ml [400ml] 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, add ½ the coriander, and the lemon zest (to taste). Set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. **SALSA** To a bowl, add the tomato, the cucumber, and a squeeze of lemon juice. Season and set aside.

3. **FRY THE CHICKEN** Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

4. **CREAMY PERI-PERI SAUCE** Return the pan to medium heat with a drizzle of oil (if necessary). Fry the onion until golden, 4-5 minutes (shifting occasionally). Add the creamy peri-peri sauce, and 100ml [200ml] of boiling water. Simmer until slightly thickened, 8-10 minutes. Add the chicken, and seasoning before plating up.

5. **ALL TOGETHER** Plate up the fragrant rice, and top with the creamy peri-peri chicken. Garnish with the remaining coriander, side with the salsa, and any remaining lemon wedges. Tuck in!