

UCOOK

Chicken Fried Rice

with toasted sesame seeds

Cause a stir at the dinner table when it's revealed what's for dinner tonight, Chef! Steamed basmati rice is loaded with browned chicken mince, silky onion, charred bell pepper, pops of sweet corn, & plump peas. Coated in a yummy, umami Oriental sauce and garnished with toasted sesame seeds and a perfectly golden fried egg.

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Jade Summers

Fan Faves

Strandveld | Adamastor White Blend

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Ingredients & Prep

400ml	White Basmati Rice <i>rinse</i>
20ml	White Sesame Seeds
600g	Free-range Chicken Mince
2	Onions <i>peel & finely dice</i>
480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
2	Bell Peppers <i>rinse, deseed & cut into bite-sized pieces</i>
200g	Corn
40ml	NOMU Oriental Rub
200g	Peas
280ml	Oriental Sauce <i>(40ml Honey, 80ml Rice Wine Vinegar, 120ml Low Sodium Soy Sauce & 40ml Sesame Oil)</i>

From Your Kitchen

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

1. READY THE RICE Place the rinsed rice in a pot with 800ml 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. SESAME SEEDS 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. CRACK ON WITH THE EGGS Place a pan over medium-high heat with a drizzle of oil. Crack in 4 eggs and fry until cooked to your preference. Remove from the heat and season.

4. MOUTHWATERING MINCE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally). Add the diced onion and fry until golden, 5-6 minutes (shifting occasionally). Add the diced carrots, the diced pepper, the corn and fry until charred and softened, 8-10 minutes. In the final minute, add the NOMU rub, and fry until fragrant.

5. ALL TOGETHER NOW Add the cooked rice, the peas, the oriental sauce, and a knob of butter to the fried mince. Fry until the sauce is warmed through, 6-7 minutes. Alternatively, for egg-fried rice, you can crack 4 eggs (optional) into the mixture and stir until the eggs are fully cooked. Remove from the heat and season.

6. FAB FRIED RICE Make a bed of the fried rice. Top with the perfect fried egg, and garnish with the toasted sesame seeds. Good job, Chef!

Nutritional Information

Per 100g

Energy	432kj
Energy	103kcal
Protein	4.9g
Carbs	15g
of which sugars	3.6g
Fibre	1.9g
Fat	2.6g
of which saturated	0.6g
Sodium	146mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy, Cow's Milk

Eat
Within
1 Day