



UCCOOK

Jalapeño Chicken Bowl

with crispy poppadoms

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Delheim Wines | Delheim
Shiraz/Cabernet Sauvignon

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 399kj | 2835kj |
| Energy | 95kcal | 678kcal |
| Protein | 6.4g | 45.2g |
| Carbs | 8g | 54g |
| of which sugars | 2.6g | 18.4g |
| Fibre | 2.4g | 16.7g |
| Fat | 4.6g | 32.6g |
| of which saturated | 0.6g | 4.3g |
| Sodium | 131mg | 928mg |

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 50g | 100g | Corn |
| 30ml | 60ml | Sour Cream |
| 1 | 1 | Onion <i>peel & roughly dice ¼ [½]</i> |
| 10g | 20g | Chipotle Chillies In Adobo <i>roughly chop</i> |
| 20ml | 40ml | Tomato Paste |
| 150g | 300g | Free-range Chicken Mini Fillets |
| 1 pack | 1 pack | Guacamole |
| 15ml | 30ml | Lemon Juice |
| 1 | 2 | Poppadom/s |
| 10g | 20g | Sliced Pickled Jalapeños <i>drain & roughly chop</i> |
| 1 | 1 | Tomato <i>rinse & roughly dice</i> |
| 3g | 5g | Fresh Coriander <i>rinse, pick & roughly chop</i> |

From Your Kitchen

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

1. CORN & SOUR CREAM Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside. In a separate bowl, loosen the sour cream with water in 5ml increments until drizzling consistency.

2. CHIPOTLE SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the chipotle chillies (to taste), the tomato paste, and 100ml [200ml] of water. Simmer until thickened, 8-10 minutes.

3. SPICY 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 add to the chipotle sauce.

4. MAKE THE GUAC Place the guac into a bowl with the lemon juice (to taste) and season. Mix and set aside.

5. CRISPY POPPADOMS Return the pan, wiped down, to medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadom/s, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over. Keep flipping until golden and puffed up.

6. FANTASTIC FUSION Bowl up the spicy chicken and top with the charred corn, the jalapeños, the tomato, and the guacamole. Crumble over the crispy poppadom/s, garnish with the coriander, and drizzle over the sour cream. Enjoy!