



UCOOK

Chilli Marmalade Chicken

with white basmati rice & green beans

Say it with us: "It's time to make a mouthwatering meal featuring a marmalade marinade!" It starts with a bed of fluffy basmati rice, then comes the chicken pieces glistening with a Paddington-inspired chilli-marmalade marinade glaze, sided with pan-fried green beans with garlic. Finished with toasted sesame seeds and fresh parsley.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

Adventurous Foodie

Strandveld | First Sighting Sauvignon Blanc

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Ingredients & Prep

2	Free-range Chicken Pieces
1	Onion <i>peel & cut ½ into wedges</i>
5ml	NOMU Roast Rub
40ml	Vinegar Soy Mix <i>(30ml Low Sodium Soy Sauce & 10ml Rice Wine Vinegar)</i>
1	Garlic Clove <i>peel & grate</i>
10g	Fresh Ginger <i>peel & grate</i>
1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
40ml	Marmalade
100ml	White Basmati Rice <i>rinse</i>
10ml	White Sesame Seeds
100g	Green Beans <i>rinse & trim</i>
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. CHICKEN & MARMALADE MARINADE Preheat the oven to 200°C. Spread the chicken pieces and the onion wedges on a roasting tray. Pat the chicken dry with paper towel. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). In a bowl, combine the vinegar soy mix, ½ the grated garlic, the grated ginger, ½ the sliced chili, and the marmalade. In the final 3-5 minutes, glaze the chicken with the chilli-marmalade marinade.

2. NICE RICE Place the rinsed rice in a pot with 200ml 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.

3. TOASTED 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.

4. GARLIC GREEN BEANS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 3-4 minutes (shifting constantly). In the final minute, add the remaining grated garlic. Remove from the pan, season, and cover.

5. SO IMPRESSIVE Plate up the rice. Top with the chilli-marmalade chicken and side with the garlic green beans. Garnish with the remaining chili, the toasted sesame seeds, and the chopped parsley.

Nutritional Information

Per 100g

Energy	638kJ
Energy	153kcal
Protein	9.2g
Carbs	19g
of which sugars	5.9g
Fibre	1.4g
Fat	4.6g
of which saturated	1.2g
Sodium	199mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Eat
Within
3 Days