



QCOOK

Chilli Marmalade Chicken

with white basmati rice & green beans

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Delheim Wines | Delheim Chenin Blanc
(Wild Ferment)

Nutritional Info

	Per 100g	Per Portion
Energy	638kJ	4504kJ
Energy	153kcal	1078kcal
Protein	9.2g	64.7g
Carbs	19g	134g
of which sugars	5.9g	41.7g
Fibre	1.4g	10.1g
Fat	4.6g	32.3g
of which saturated	1.2g	8.3g
Sodium	199mg	1403mg

Allergens: Sulphites, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2	4	Free-range Chicken Pieces
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
5ml	10ml	NOMU Roast Rub
40ml	80ml	Vinegar Soy Mix <i>(30ml [60ml] Soy Sauce & 10ml [20ml] Rice Wine Vinegar)</i>
1	1	Garlic Clove <i>peel & grate</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
1	2	Fresh Chilli/es <i>rinse, trim, deseed & finely slice</i>
40ml	80ml	Marmalade
100ml	200ml	White Basmati Rice <i>rinse</i>
10ml	20ml	White Sesame Seeds
100g	200g	Green Beans <i>rinse & trim</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. CHICKEN & MARMALADE MARINADE Preheat the oven to 200°C. Spread the chicken pieces and the onion 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 garlic, the ginger, ½ the chilli, and the marmalade. In the final 3-5 minutes, glaze the chicken with the chilli-marmalade marinade.

2. NICE RICE 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 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. Fry the green beans until starting to char, 3-4 minutes (shifting constantly). In the final minute, add the remaining 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 chilli, the toasted sesame seeds, and the parsley.