



# UCCOOK

## Street Corn Chicken Rice Bowl

with crispy bacon & guacamole

**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Paul Cluver | Village Chardonnay

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 888kJ    | 5366kJ      |
| Energy             | 212kcal  | 1283kcal    |
| Protein            | 10.7g    | 64.7g       |
| Carbs              | 16g      | 96g         |
| of which sugars    | 1.7g     | 10.3g       |
| Fibre              | 2.4g     | 14.7g       |
| Fat                | 12.2g    | 73.4g       |
| of which saturated | 2.8g     | 17g         |
| Sodium             | 358mg    | 2163mg      |

**Allergens:** Cow's Milk, Allium, Sulphites

**Spice Level:** Hot

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                                                    |
|----------|------------|----------------------------------------------------------------------------------------------------|
| 225ml    | 300ml      | Jasmine Rice<br><i>rinse</i>                                                                       |
| 6 strips | 8 strips   | Streaky Pork Bacon                                                                                 |
| 240g     | 320g       | Corn                                                                                               |
| 30g      | 40g        | Sliced Pickled Jalapeños<br><i>drain &amp; roughly chop</i>                                        |
| 3        | 4          | Free-range Chicken Breasts                                                                         |
| 45ml     | 60ml       | Mexican Spice<br><i>(30ml [40ml] Old Stone Mill Mexican Spice &amp; 15ml [20ml] Garlic Powder)</i> |
| 150ml    | 200ml      | Sour Cream & Mayo<br><i>(75ml [100ml] Sour Cream &amp; 75ml [100ml] Mayo)</i>                      |
| 30ml     | 40ml       | Lime Juice                                                                                         |
| 80g      | 10g        | Fresh Coriander<br><i>rinse, pick &amp; roughly chop</i>                                           |
| 2 units  | 2 units    | Guacamole                                                                                          |
| 90g      | 120g       | Danish-style Feta<br><i>drain</i>                                                                  |

## From Your Kitchen

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

1. **RICE** Place the rice in a pot with 450ml [600ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. **BACON** Place a pan over medium-high heat. When hot, add the bacon strips and fry until browned and crispy, 1-2 minutes per side. Remove from the pan and roughly chop.

3. **CORN** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-5 minutes (shifting occasionally). In the final 1 minute, mix in the jalapeños (to taste). Remove from the pan and set aside.

4. **CHICKEN** Return the pan to medium heat, wiped down if necessary, with enough oil to cover the base. Pat the chicken dry with paper towel, cut into bite-sized chunks, and coat with the Mexican spice and seasoning. When hot, fry the chicken until cooked through, 1-2 minutes per side. Remove from the pan and drain on paper towel.

5. **SOME PREP** In a small bowl, combine the creamy mayo with the lime juice (to taste). Loosen with water in 5ml increments until drizzling consistency.

6. **JUST BEFORE SERVING** Combine the rice with the corn mix, the bacon, and the coriander.

7. **DINNER IS READY** Bowl up the loaded rice, alongside the chicken, the guacamole, and drizzle over the creamy mayo. Finish with a crumble of the feta and enjoy, Chef!