



UCOOK

Chilli & Sage Chicken Fried Rice

with bell pepper & toasted peanuts

A rice dish loaded with yummy umami! Fluffy basmati rice, a special UCOOK spicy soy sauce, browned chicken mince with a kick of fresh chilli, onion, bell pepper, and crispy sage. Add some scrambled egg if you'd like, then savour forkfuls of flavour.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

 Simple & Save

 Paul Cluver | Village Pinot Noir 2022

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Ingredients & Prep

100ml	White Basmati Rice <i>rinse</i>
10g	Peanuts <i>roughly chop</i>
150g	Free-range Chicken Mince
20ml	Spicy Soy Sauce <i>(10ml Chilli Bean Sauce, 7,5ml Low Sodium Soy Sauce & 2,5ml Rice Wine Vinegar)</i>
1	Onion <i>peel & finely slice ½</i>
1	Bell Pepper <i>rinse, deseed & cut into small bite-sized pieces</i>
1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
3g	Fresh Sage <i>rinse, pick & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s (optional)
Sugar/Sweetener/Honey

1. READY THE 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.

2. CHOP-CHOP Place the chopped peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. SPICY-SOY MINCE Return the pan to medium heat with a drizzle of oil. When hot, fry the mince with ½ the spicy soy sauce and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. AMAZING AROMAS Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion and the pepper pieces until charred, 4-5 minutes (shifting occasionally). Add the sliced chilli (to taste) and the chopped sage, and fry until fragrant, 1-2 minutes (shifting constantly). Add 1 whisked egg (if using) and fry until cooked through and scrambled, 1-2 minutes (shifting constantly).

5. BRING IT ALL TOGETHER Add the chicken mince, the cooked rice, a sweetener, and the remaining spicy soy sauce. Fry until combined, 2-3 minutes.

6. WINNER DINNER Plate up the steaming fried rice and garnish with the toasted peanuts.

Nutritional Information

Per 100g

Energy	547kJ
Energy	131kcal
Protein	7.4g
Carbs	18g
of which sugars	2g
Fibre	1.5g
Fat	3.5g
of which saturated	0.8g
Sodium	18mg

Allergens

Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Soy

Cook
within 1
Day