



UCOOK

Peri-peri Chicken & Turmeric Rice

with a creamy salad

Always a crowdpleaser, this peri-peri chicken recipe balances the spicy kick with a creamy salad dotted with almonds & pops of corn. Golden turmeric rice adds substance and the special peri-peri sauce the yumminess.

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 4 People

Chef: Megan Bure

Quick & Easy

Paardenkloof Wines | Paardenkloof Ecology Shiraz

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Ingredients & Prep

300ml	White Basmati Rice <i>rinse</i>
30ml	Golden Rub <i>(10ml Ground Turmeric & 20ml NOMU Indian Rub)</i>
80ml	Mayo
80g	Salad Leaves <i>rinse & roughly shred</i>
200g	Corn
40g	Almonds
4	Free-range Chicken Breasts <i>pat dry & cut into 1-2cm strips</i>
200ml	Peri-peri Sauce

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. GOLDEN RICE Place the rinsed rice and the golden rub in a pot with 600ml of salted water. Cover 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. CREAMY SALAD Place the mayo into a salad bowl. Loosen with water in 10ml increments until drizzling consistency. Toss through the shredded leaves, the corn, ½ the almonds, and seasoning. Set aside.

3. PERI-PERI CHICKEN While the rice is steaming, 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. You may need to do this step in batches. Remove from the heat and deglaze with a splash of water. Baste with the peri-peri sauce, season, and set aside.

4. AND YOU'RE DONE! Make a bed of the golden rice, top with the peri-peri chicken strips, drizzling over any remaining pan juices. Serve the creamy salad on the side and garnish with the remaining nuts.



Chef's Tip

To toast the nuts, place them in a pan over medium heat until golden brown, 2-4 minutes (shifting occasionally).

Nutritional Information

Per 100g

Energy	757kj
Energy	181kcal
Protein	12.2g
Carbs	20g
of which sugars	1.3g
Fibre	1.5g
Fat	5.9g
of which saturated	1.1g
Sodium	84mg

Allergens

Allium, Sulphites, Sugar Alcohol (Xylitol), Tree Nuts

Eat
Within
3 Days