



UCCOOK

Jalapeño Chicken Bowl

with crispy poppadoms

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	400kj	2859kj
Energy	96kcal	684kcal
Protein	6.5g	46.3g
Carbs	8g	54g
of which sugars	2.6g	18.4g
Fibre	2.3g	16.7g
Fat	4.6g	32.7g
of which saturated	0.6g	4.3g
Sodium	130mg	930mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Corn
30ml	60ml	Sour Cream
1	1	Onion <i>peel & roughly dice ¼ [½]</i>
10g	20g	Chipotle Chillies In Adobo <i>roughly chop</i>
20ml	40ml	Tomato Paste
1	2	Free-range Chicken Breast/s
1 pack	1 pack	Guacamole
15ml	30ml	Lemon Juice
1	2	Poppadom/s
10g	20g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
1	1	Tomato <i>rinse & roughly dice</i>
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. CORN & SOUR CREAM Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside. In a separate bowl, loosen the sour cream with water in 5ml increments until drizzling consistency.

2. CHIPOTLE SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the chipotle chillies (to taste), the tomato paste, and 100ml [200ml] of water. Simmer until thickened, 8-10 minutes.

3. SPICY CHICKEN Place a clean pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel and cut into 1cm strips. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and add to the chipotle sauce.

4. MAKE THE GUAC Place the guac into a bowl with the lemon juice (to taste) and season. Mix and set aside.

5. CRISPY POPPADOMS Return the pan, wiped down, to medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadom/s, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over. Keep flipping until golden and puffed up.

6. FANTASTIC FUSION Bowl up the spicy chicken and top with the charred corn, the jalapeños, the tomato, and the guacamole. Crumble over the crispy poppadom/s, garnish with the coriander, and drizzle over the sour cream. Enjoy!