



UCOOK

Coconut Chicken & Rice

with pickled bell pepper, spinach & fresh coriander

This vibrant and creamy curry is made from tender pieces of chicken smothered in a thick coconut curry sauce consisting of onions, pickled peppers, ginger, tomato and fresh chilli. Balanced out with earthy spinach and fragrant coriander. All served with a generous helping of brown rice. What are you waiting for, Chef? Curry up and get cooking!

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Rhea Hsu

 Adventurous Foodie

 Sijnn Wines | Sijnn White Blend

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

400ml	Brown Rice <i>rinsed</i>
4	Free-range Chicken Breasts <i>cut into bite-sized chunks</i>
2	Onions <i>peeled & finely sliced</i>
2	Tomatoes <i>rinsed & roughly diced</i>
40g	Fresh Ginger <i>peeled & grated</i>
2	Fresh Chillies <i>rinsed, deseeded & finely sliced</i>
20ml	NOMU Oriental Rub
800ml	Coconut Cream
160g	Pickled Bell Peppers <i>drained</i>
80g	Spinach <i>rinsed</i>
10g	Fresh Coriander <i>rinsed & picked</i>
2	Lemons <i>rinsed & cut into wedges</i>

From Your Kitchen

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

1. NICE RICE Place the rinsed rice in a pot with 900ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

2. GOLDEN CHICKY CHUNKS Place a deep pan or pot over medium-high heat with a drizzle of oil. When hot, fry the chicken chunks until browned but not cooked through, 1-2 minutes (shifting occasionally). Remove from the pot or pan and set aside.

3. AWESOME AROMATICS Return the pan or pot to medium heat with a drizzle of oil. When hot, fry the sliced onion and the diced tomato until soft, 8-9 minutes (shifting occasionally). Add the grated ginger, ½ the sliced chilli (to taste), and the NOMU rub. Fry until fragrant, 1-2 minutes (shifting constantly).

4. CREAMY CURRY When the chilli is fragrant, pour the coconut cream into the pot or pan. Simmer until slightly thickened, 6-7 minutes. In the final 1-2 minutes, add the browned chicken. Remove from the heat, stir through the drained pickled pepper, the rinsed spinach, ½ the picked coriander, a squeeze of lemon juice (to taste), a sweetener, and seasoning. Loosen with a splash of warm water if it's too thick for your liking.

5. PLATE IT UP! Dish up the rice and the fragrant coconut chicken. Garnish with the remaining coriander and chilli (to taste). Serve with any remaining lemon wedges. Indulge your senses, Chef!

Nutritional Information

Per 100g

Energy	605kj
Energy	144kcal
Protein	7.4g
Carbs	14g
of which sugars	2.6g
Fibre	1.6g
Fat	6.9g
of which saturated	5.1g
Sodium	119mg

Allergens

Allium, Sesame, Sulphites

Cook
within 3
Days