



UCCOOK

Lebanese-spiced Chicken Rice

with tzatziki & a fresh salad

This decadent dish is made up of fragrant cinnamon-spiced chicken mince & rice and served with a zesty, fresh salad tossed with green leaves, mint, and topped with toasted almonds & crispy onions for some fabulous texture. This is one dish you'll want to make again and again!


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Ella Nasser

 Quick & Easy

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc 2021

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Ingredients & Prep

150g	Free-range Chicken Mince
100ml	White Basmati Rice <i>rinsed</i>
12,5ml	Rice Spice Blend <i>(5ml NOMU Moroccan Rub & 7,5ml Ground Cinnamon)</i>
15g	Almonds
80g	Baby Tomatoes
1	Spring Onion
20g	Radish
1	Lemon <i>½ zested & cut into wedges</i>
20g	Green Leaves <i>rinsed</i>
45ml	Tzatziki
15ml	Crispy Onions

From Your Kitchen

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

1. CINNAMON CHICKEN & RICE Place a pot over a medium-high heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Caramelise for 3-5 minutes until browned, shifting occasionally. Add the rinsed rice and the rice spice blend. Submerge in 150ml of salted water and pop on the lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. Drain if necessary and add a knob of butter. Mix until melted and combined. Season to taste.

2. TOASTED ALMONDS Place the almonds in a pan over medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan and set aside for serving.

3. FRESH SALAD While the rice is steaming, quarter the tomatoes, finely slice the spring onion, and slice the radish into rounds. In a bowl, combine the quartered tomatoes, the radish rounds, the spring onion slices, the lemon zest, a squeeze of lemon juice (to taste), the rinsed green leaves, a drizzle of oil, and seasoning.

4. HASHWEH HAPPINESS Plate up a hearty portion of the spiced chicken and rice. Top with dollops of the tzatziki. Sprinkle over the toasted almonds and the crispy onions. Side with the fresh salad. Serve any remaining lemon wedges on the side. Tuck in, Chef!

Nutritional Information

Per 100g

Energy	639kJ
Energy	153kcal
Protein	9g
Carbs	18g
of which sugars	1.2g
Fibre	2.1g
Fat	5.1g
of which saturated	1.1g
Sodium	113mg

Allergens

Gluten, Dairy, Allium, Wheat, Tree Nuts

Cook
within 1
Day