UCOOK

Chilli-crisp Chicken Mango Rice Bowl

with a sweet citrus-soy dressing

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Samantha du Toit

Wine Pairing: Nitída | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	552kJ	3119kJ
Energy	132kcal	746kcal
Protein	8.7g	49.3g
Carbs	21g	118g
of which sugars	6.8g	38.2g
Fibre	1.3g	7.5g
Fat	1.7g	9.5g
of which saturated	0.3g	1.8g
Sodium	202mg	1141mg

Allergens: Sulphites, Gluten, Sesame, Wheat, Cow's Milk, Soya, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	White Basmati Rice *rinse*
3	4	Free-range Chicken Breasts
30ml	40ml	NOMU Cajun Rub
300g	400g	Mango Fingers *cut into small chunks*
300g	400g	Cucumber *rinse & cut into rounds*
60g	80g	Sliced Pickled Jalapeños *drain & roughly chop*
2	2	Spring Onions *rinse, trim & finely slice*
30g	40g	Seed Mix *(15ml [20ml] White Sesame Seeds & 15g [20g] Sunflower Seeds)*
180ml	240ml	Sweet Citrus Soy *(45ml [600ml] Soy Sauce, 45ml [60ml] Honey & 90ml [120ml] Orange Juice)*

From Your Kitchen

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

1. NICE RICE Place the rice in a pot with 450ml [600ml] 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. CAJUN CHICKEN While the rice is on the go, place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. BOWL 'EM OVER Bowl up buddha bowl-style! Top the rice with the chicken, the mango chunks, and the cucumber rounds. Scatter over the jalapeños (to taste) and the spring onion (to taste). Scatter over the seed mix and drizzle over the sweet citrus-soy dressing.

Chef's Tip Place the seed mix in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.