



UCCOOK

Easy Chicken Breyani

with a herby yoghurt

Let's heat up the kitchen with a mouthwatering chicken breyani, featuring a delectable whole spice mix. Complemented with brown basmati rice for substance, sided with a refreshing coriander yoghurt for balance, and finished with diced tomato for that sweet-tangy flavour.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

 Simple & Save

 Waterkloof | False Bay Chenin Blanc

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Ingredients & Prep

100ml	Brown Basmati Rice <i>rinsed</i>
3g	Fresh Coriander <i>rinsed</i>
1	Garlic Clove <i>peeled & grated</i>
1	Onion <i>½ peeled & finely diced</i>
15ml	NOMU Indian Rub
2,5ml	Whole Spices <i>(1 Cinnamon Stick, 2,5ml Cumin Seeds & 1 Cardamom Pod)</i>
150g	Free-range Chicken Mini Fillets <i>patted dry with paper towel & cut into bite-sized chunks</i>
40ml	Low Fat Plain Yoghurt
1	Tomato <i>rinsed & roughly diced</i>

From Your Kitchen

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

1. READY THE RICE Place the rinsed rice in a pot with 300ml of salted water. Cover 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. SOME PREP Place ½ the coriander and the grated garlic on a chopping board. Finely chop to form a chunky paste. Set aside.

3. FRYING TIME Place a pot over medium-high heat with a drizzle of oil. Once hot, fry the diced onion, the NOMU rub, and the whole spice mix until the onion is soft and translucent, 4-5 minutes (shifting occasionally). Add the coriander paste, the chicken chunks, a knob of butter, and seasoning. Fry until fragrant, 2-3 minutes (shifting regularly).

4. DELICIOUS BREYANI Add the cooked rice to the pot with the chicken mix and gently toss, 1-2 minutes. Remove from the heat, cover, and set aside to dry out for 10 minutes. There should be no liquid remaining. Remove and discard the cinnamon stick. Season.

5. CORIANDER YOGHURT Finely chop the remaining coriander and place in a bowl with the yoghurt. Mix until combined and season.

6. PLATE IT UP! Dish up the fragrant breyani alongside the diced tomato. Dollop over the herby yoghurt. Eat and be merry, because you earned it! (And watch out for those sneaky cardamom pods.)

Nutritional Information

Per 100g

Energy	557kJ
Energy	133kcal
Protein	10.7g
Carbs	19g
of which sugars	1.7g
Fibre	2.4g
Fat	2g
of which saturated	0.4g
Sodium	155mg

Allergens

Dairy, Allium

Cook
within 3
Days