



UCOOK

Peanut Chicken & Rice

with toasted peanuts & fresh coriander

If you've never tried Moroccan flavours, you're in for a mouthwatering treat, Chef! Soon you will be plating up fluffy basmati rice next to an aromatic marriage of flavours: browned chicken mince coated in a sauce of NOMU Moroccan rub, tangy tomato paste & rich peanut butter. Finished with toasted peanuts and herby coriander.


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Simple & Save

 Alvi's Drift | Signature Viognier

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Ingredients & Prep

100ml	White Basmati Rice <i>rinsed</i>
10g	Peanuts <i>roughly chopped</i>
150g	Free-range Chicken Mince
1	Onion <i>½ peeled & roughly diced</i>
10ml	NOMU Moroccan Rub
15ml	Tomato Paste
50ml	Peanut Butter
15ml	Lemon Juice
3g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. FLUFFY RICE Place the rinsed rice in a pot with 200ml 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.

2. TOAST Place the chopped peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. MINCE Return the pan to 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. Fry until browned, 3-4 minutes (shifting occasionally).

4. PEANUT STEW Add the diced onions to the pan with the mince and fry until soft, 3-4 minutes. Add the NOMU rub and the tomato paste. Fry until fragrant, 1-2 minutes. Pour in 200ml of water. Bring to a boil, reduce the heat, and simmer until slightly reduced, 6-8 minutes. In the final 2-3 minutes, stir in the peanut butter and simmer until thickened. Remove from heat, add a sweetener, and season.

5. TIME TO EAT Make a bed of the fluffy rice, top with the peanut chicken, and drizzle over the lemon juice (to taste). Garnish with the toasted nuts and the chopped coriander. Easy, Chef!

Nutritional Information

Per 100g

Energy	922kJ
Energy	220kcal
Protein	11.7g
Carbs	21g
of which sugars	2.5g
Fibre	2.2g
Fat	10.1g
of which saturated	2.2g
Sodium	144mg

Allergens

Allium, Peanuts

Cook
within 1
Day