

Eat Within 3 Days

# UCOOK

## Chilli Marmalade Chicken

**with white basmati rice & sugar snaps**

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Samantha Manne

**Wine Pairing:** Koelenhof | Koelenbosch Sauvignon blanc

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 653kJ | 4419kJ |
| Energy | 156kcal | 1057kcal |
| Protein | 9.5g | 64.3g |
| Carbs | 19g | 130g |
| of which sugars | 6.2g | 41.9g |
| Fibre | 1.3g | 8.7g |
| Fat | 4.8g | 32.4g |
| of which saturated | 1.2g | 8.3g |
| Sodium | 195mg | 1320mg |

**Allergens:** Sulphites, Gluten, Sesame, Wheat, Soya, Allium

**Spice Level:** Hot

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|---|---|---|
| 2 | 4 | Free-range Chicken Pieces |
| 1 | 1 | Onion<br>*peel & cut ½ [1] into wedges* |
| 5ml | 10ml | NOMU Poultry Rub |
| 40ml | 80ml | Vinegar Soy Mix<br>*(30ml [60ml] Soy Sauce & 10ml [20ml] Rice Wine Vinegar)* |
| 10g | 20g | Fresh Ginger<br>*peel & grate* |
| 1 | 2 | Fresh Chilli/es<br>*rinse, trim, deseed & finely slice* |
| 40ml | 80ml | Marmalade |
| 100ml | 200ml | White Basmati Rice<br>*rinse* |
| 10ml | 20ml | White Sesame Seeds |
| 80g | 125g | Sugar Snaps<br>*rinse* |
| 3g | 5g | Fresh Parsley<br>*rinse, pick & roughly chop* |

## From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. CHICKEN & MARMALADE MARINADE Preheat the oven to 200°C. Spread the chicken pieces and the onion on a roasting tray. Pat the chicken dry with paper towel. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). In a bowl, combine the vinegar soy mix, the ginger, ½ the chilli, and the marmalade. In the final 3-5 minutes, glaze the chicken with the chilli-marmalade marinade.

2. NICE RICE Place the rice in a pot with 200ml [400ml] 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.

3. TOASTED SEEDS Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. BOIL & BLANCH Boil the kettle. Fill a pot with boiling water and a pinch of salt, and bring to a boil. When starting to bubble, simmer the sugar snaps until cooked through but still crunchy, 1-2 minutes. Drain and run under cold water to stop the cooking process.

5. SO IMPRESSIVE Plate up the rice. Top with the chilli-marmalade chicken and side with the crunchy sugar snaps. Garnish with the remaining chilli, the toasted sesame seeds, and the parsley.

**Chef's Tip** Sugar snap peas are naturally sweet and crunchy. You can eat the whole pod, making them a delicious zero-waste veggie!