



UCOOK

A La King-style Chicken

with fluffy basmati rice

Rule the kitchen with fluffy basmati rice, crowned with golden chicken pieces enrobed in a spice-infused creamy white sauce. Bejewelled with pops of peas, button mushrooms & silky onion. You're the king of cuisine today, Chef!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Kate Gomba

Simple & Save

Stettyn Wines | Stettyn Family Range Rosé
Chardonnay Pinot Noir

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Ingredients & Prep

300ml	White Basmati Rice <i>rinse</i>
3	Free-range Chicken Breasts
2	Onions <i>peel & roughly dice 1½</i>
190g	Button Mushrooms <i>wipe clean & roughly slice</i>
75ml	Spiced Flour
300ml	Low Fat UHT Milk
120g	Peas

From Your Kitchen

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

1. BEGIN WITH BASMATI Place the rinsed rice in a pot with 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. BUTTERY CHICKEN 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, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes before seasoning and cutting into bite-sized pieces.

3. AMAZING A LA KING Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion and the sliced mushrooms until golden, 6-7 minutes (shifting occasionally). Add the spiced flour and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the milk and 150ml of water. Simmer until slightly thickened, 4-6 minutes. In the final 1-2 minutes, add the browned chicken pieces and the peas. Add a splash of water if it's too thick for your liking. Season.

4. ROYAL FEAST Make a bed of the fluffy rice and top with the chicken a la king. Finish with a crack of black pepper. Easy peasy, Chef!

Nutritional Information

Per 100g

Energy	494kJ
Energy	118kcal
Protein	8.8g
Carbs	18g
of which sugars	2.4g
Fibre	1.6g
Fat	1.4g
of which saturated	0.5g
Sodium	60mg

Allergens

Gluten, Allium, Wheat, Cow's Milk

Eat
Within
3 Days