



UCOOK

Chicken Fried Rice

with toasted sesame seeds

What came first, Chef, the chicken or the egg? For this recipe, the answer is both! Golden chicken mince is tossed with fluffy jasmine rice and an optional scrambled egg with pops of plump peas, then fried with an umami-fied sesame-soy sauce.

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Kate Gomba

Simple & Save

Laborie Estate | Laborie Chenin Blanc 2023

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

400ml	Jasmine Rice <i>rinse</i>
20ml	White Sesame Seeds
160g	Peas
600g	Free-range Chicken Mince
2	Onions <i>peel & roughly dice</i>
40ml	NOMU Oriental Rub
240ml	Sesame-soy Sauce <i>(80ml Rice Wine Vinegar, 120ml Low Sodium Soy Sauce & 40ml Sesame Oil)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Egg/s (optional)

1. READY THE RICE Place the rinsed rice in a pot with 800ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. OPEN SESAME 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.

3. LIKE PEAS IN A POD Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

4. GOLDEN CHICKEN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally). Remove from the pan and set aside.

5. EGG-CELLENT If you would like to add scrambled eggs (optional) to your meal, crack 4 eggs into a bowl. Season and whisk until combined.

6. FRAGRANT RICE Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the diced onion and the NOMU rub until fragrant. Add the whisked egg (if using) and fry until cooked through and scrambled, for 1-2 minutes (shifting constantly). Add the cooked chicken, the cooked rice, and the sesame-soy sauce. Fry until combined, 2-3 minutes.

7. DINNER IS READY Make a bed of fried rice. Garnish with the toasted sesame seeds. Good job, Chef!

Nutritional Information

Per 100g

Energy	646kJ
Energy	155kcal
Protein	7.9g
Carbs	19g
of which sugars	1.9g
Fibre	1.6g
Fat	4.9g
of which saturated	1g
Sodium	314mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy, Cow's Milk

Eat
Within
1 Day