

Eat Within 3 Days

UCOOK

Chicken Shawarma Rice Bowl

with a zesty mayo

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Zevenwacht | The Tin Mine White

Nutritional Info	Per 100g	Per Portion
Energy	599kJ	3502kJ
Energy	143kcal	838kcal
Protein	8.7g	50.9g
Carbs	17g	101g
of which sugars	2.8g	16.5g
Fibre	1.4g	8.4g
Fat	5.1g	29.6g
of which saturated	1.1g	6.4g
Sodium	82mg	481mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions *peel & roughly dice 1½ [2]*
300ml	400ml	White Basmati Rice *rinse*
3	4	Free-range Chicken Breasts
30ml	40ml	Ground Paprika
300g	400g	Cucumber *rinse & roughly dice*
60g	80g	Danish-style Feta *drain*
60g	80g	Sun-dried Tomatoes *roughly chop*
120ml	160ml	Lemon-mayo *(90ml [120ml] Mayo & 30ml [40ml] Mustard)*
8g	10g	Fresh Coriander *rinse, pick & roughly chop*

From Your Kitchen

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

1. READY THE RICE Place a pot (big enough for the rice) over medium heat with a drizzle of oil. When hot, fry the onion until golden, 5-6 minutes (shifting occasionally). Add the rice with 450ml [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. PAPRIKA 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, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter, and the paprika. Remove from the pan and rest for 5 minutes before slicing and seasoning. Alternatively, air fry at 200°C until cooked through, 10-12 minutes (shifting halfway).

3. SIMPLE AS THAT! Bowl up the fragrant rice. Scatter over the cucumber, feta and sun-dried tomatoes, and top with the chicken. Drizzle over the zesty mayo and garnish with the coriander.