



U**COOK**

Chicken Breyani

with basmati rice & tzatziki

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Simple & Save: Serves 3 & 4

Chef: Morgan Otten

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	497kJ	2877kJ
Energy	119kcal	688kcal
Protein	8.9g	51.5g
Carbs	18g	104g
of which sugars	2g	11.5g
Fibre	1.9g	11.1g
Fat	1.3g	7.8g
of which saturated	0.2g	1.4g
Sodium	44mg	254mg

Allergens: Sulphites, Cow's Milk, Allium

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	White Basmati Rice <i>rinse</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>
2	2	Garlic Cloves <i>peel & grate</i>
450g	600g	Free-range Chicken Mini Fillets
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
69,5ml	92ml	Whole Spice Mix <i>(60ml [80ml] NOMU Garam Masala Rub, 7,5ml [10ml] Cumin Seeds & 2 Cinnamon Sticks)</i>
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
150ml	200ml	Raita

From Your Kitchen

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

1. NICE RICE, CHEF Place the rice in a pot with 600ml [800ml] 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. HERB STATION Place ½ of the parsley on a chopping board along with the garlic. Finely chop until combined in a chunky paste. Set aside.

3. BIG ON FLAVOUR Pat dry the chicken with paper towel. Place a pot over medium-high heat with a drizzle of oil. Once hot, add the onion and the whole spice mix. Fry until the onion is soft, 5-6 minutes (shifting occasionally). Add the herb paste, the chicken, and a pinch of salt. Fry until fragrant, 3-4 minutes (shifting regularly). Add the rice and gently toss for 1-2 minutes. Remove from the heat. Cover with a lid, and set aside to dry out for 10 minutes (there should be no liquid remaining). Discard the cinnamon stick, and season.

4. PLATE IT UP! Dish up the fragrant breyani alongside the tomato. Dollop over the tzatziki and garnish with the remaining parsley. Eat and be merry, because you earned it!