

UCCOOK

Golden Tomato Chicken & Rice

with plump peas

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Simple & Save: Serves 3 & 4

Chef: Morgan Otten

Wine Pairing: Waterkloof | Circumstance Chenin blanc

Nutritional Info

	Per 100g	Per Portion
Energy	696kJ	3066kJ
Energy	166kcal	733kcal
Protein	10.3g	45.2g
Carbs	20g	88g
of which sugars	2.2g	9.6g
Fibre	1.4g	6.3g
Fat	5.6g	24.9g
of which saturated	2.7g	11.9g
Sodium	162mg	1341mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Mild

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Jasmine Rice <i>rinse</i>
450g	600g	Free-range Chicken Mini Fillets
2	2	Garlic Cloves <i>peel & grate</i>
60g	80g	Sun-dried Tomatoes <i>drain & roughly chop</i>
150ml	200ml	Fresh Cream
120g	160g	Peas
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
45ml	60ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Seasoning (salt & pepper)

Paper Towel

1. READY. STEADY. COOK! 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, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. WINNER CHICKEN DINNER Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken for 1-2 minutes per side. You may need to do this step in batches. Remove from the pan, season and set aside.

3. SAUTE & SIMMER Return the pan to medium-high heat with a drizzle of oil. Sauté the garlic until fragrant, 1-2 minutes (shifting constantly). Add the sun-dried tomatoes and fry, 1-2 minutes (shifting occasionally). Stir in the cream, 200ml [250ml] of warm water, and simmer until slightly reduced, 7-8 minutes (stirring occasionally). In the final 1-2 minutes, mix in the chicken. Loosen with a splash of warm water if it's too thick.

4. PLUMP UP THE PEAS Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside. In a bowl, combine the salad leaves, the peas, the cucumber, the lemon juice, a drizzle of olive oil, and seasoning.

5. TIME TO DINE! Dish up the fluffy rice and top with the sun-dried tomato chicken with all the sauce. Side with the green salad. Yum!