



UCOOK

Chicken Breyani

with brown basmati rice & raita

This dish is an ode to the traditional breyani of South Africa, but with a twist! Flavours of fresh coriander, cumin, and whole cardamom & cinnamon take it to the top of the yum scoreboard! Chicken pieces are fried in this heavenly spice blend before being tossed in basmati rice. The entire dish is then dolloped with creamy raita. This one is very lekker, we guarantee it!

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Morgan Otten

Simple & Save

Laborie Estate | Laborie Chenin Blanc

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Ingredients & Prep

300ml	Brown Basmati Rice <i>rinse</i>
8g	Fresh Coriander
2	Garlic Cloves <i>peel & grate</i>
2	Onions <i>peel & roughly dice 1½</i>
45ml	NOMU Indian Rub
7,5ml	Whole Spice Mix <i>(2 Cinnamon Sticks, 7,5ml Cumin Seeds & 2 Cardamom Pods)</i>
450g	Free-range Chicken Mini Fillets <i>pat dry & cut into small pieces</i>
150ml	Raita
2	Tomatoes <i>rinse & dice 1½</i>

From Your Kitchen

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

1. NICE RICE, CHEF! Place the rinsed rice in a pot with 700ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

2. HERB STATION Rinse the coriander. Place ½ of the coriander on a chopping board along with the grated garlic. Finely chop until combined in a chunky paste. Set aside.

3. BIG ON FLAVOUR Place a pot over medium-high heat with a drizzle of oil. Once hot, add the diced onion, the NOMU rub, and the whole spice mix. Fry until the onion is soft, 5-6 minutes (shifting occasionally). Add the coriander paste, the chicken pieces, and a pinch of salt. Fry until fragrant, 3-4 minutes (shifting regularly). Add the cooked 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). Remove from the heat, discard the cinnamon stick, and season.

4. FRESH DIP Finely chop ½ of the remaining coriander and place in a bowl with the raita and seasoning. Mix until combined.

5. PLATE IT UP! Dish up the fragrant breyani alongside the diced tomato. Dollop over the herby raita and garnish with the remaining coriander. Eat and be merry, because you earned it! (And watch out for those sneaky cardamom pods.)

Nutritional Information

Per 100g

Energy	515kJ
Energy	123kcal
Protein	8.9g
Carbs	18g
of which sugars	2.1g
Fibre	1.9g
Fat	1.4g
of which saturated	0.2g
Sodium	128mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
3 Days