



UCCOOK

Chili-crisp Chicken Mango Rice Bowl

with a sweet citrus-soy dressing

It's true, Chef! A great-tasting, nutritious, refreshing bowl of food can transform your day from ordinary to extraordinary. Fluffy rice, NOMU Cajun rub-infused chicken, sweet mango chunks, cooling cucumber, spicy jalapeños & seeds are drizzled with a citrus-soy dressing.

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 4 People

Chef: Samantha du Toit

Quick & Easy

Painted Wolf Wines | The Den Chenin Blanc

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Ingredients & Prep

400ml	White Basmati Rice <i>rinse</i>
4	Free-range Chicken Breasts
40ml	NOMU Cajun Rub
400g	Mango Fingers <i>cut into small chunks</i>
400g	Cucumber <i>rinse & cut into rounds</i>
80g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
2	Spring Onions <i>rinse, trim & finely slice</i>
10g	Fresh Coriander <i>rinse, pick & roughly chop</i>
40g	Seed Mix <i>(20ml White Sesame Seeds & 20g Sunflower Seeds)</i>
240ml	Sweet Citrus Soy <i>(60ml Low Sodium Soy Sauce, 60ml Honey & 120ml Orange Juice)</i>

From Your Kitchen

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

1. NICE RICE Place the rinsed rice in a pot with 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. CAJUN CHICKEN While the rice is on the go, 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 NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. BOWL 'EM OVER Bowl up buddha bowl-style! Top the rice with the sliced chicken, the mango chunks, and the cucumber rounds. Scatter over the drained jalapeños (to taste) and the sliced spring onion (to taste). Garnish with the chopped coriander. Scatter over the seed mix and drizzle over the sweet citrus-soy dressing.



Chef's Tip

Place the seed mix in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	550kj
Energy	132kcal
Protein	8.7g
Carbs	21g
of which sugars	6.7g
Fibre	1.3g
Fat	1.7g
of which saturated	0.3g
Sodium	201mg

Allergens

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

Eat
Within
2 Days