



UCCOOK

Jalapeños Chicken Bowl

with **crispy poppadoms**

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Malbec

Nutritional Info

	Per 100g	Per Portion
Energy	329kJ	1783kJ
Energy	79kcal	427kcal
Protein	7.7g	41.9g
Carbs	7g	36g
of which sugars	3.1g	16.6g
Fibre	1.2g	6.3g
Fat	2.1g	11.3g
of which saturated	0.8g	4.3g
Sodium	42mg	228mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Corn
30ml	60ml	Sour Cream
1	1	Onion <i>peel & roughly dice ¼ [½]</i>
10g	20g	Chipotle Chillies In Adobo <i>roughly chop</i>
20ml	40ml	Tomato Paste
1	2	Free-range Chicken Breast/s <i>pat dry & cut into 1-2cm thick strips</i>
10g	20g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
1	1	Tomato <i>rinse & roughly dice</i>
1	1	Avocado <i>cut in half & roughly dice ½ [1]</i>
15ml	30ml	Lemon Juice
1	2	Poppadom/s
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. CORN & SOUR CREAM Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside. In a separate bowl, loosen the sour cream with water in 5ml increments until drizzling consistency.

2. CHIPOTLE SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the chipotle chillies (to taste), the tomato paste, and 100ml [200ml] of water. Simmer until thickened, 8-10 minutes.

3. SPICY CHICKEN Place a clean pan on medium-high heat with a drizzle of oil. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and add to the chipotle sauce.

4. MAKE THE GUAC Place the avo into a bowl with the lemon juice (to taste) and season. Smash with a fork until a chunky texture. Set aside.

5. CRISPY POPPADOMS Return the pan, wiped down, to medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadom/s, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over. Keep flipping until golden and puffed up.

6. FANTASTIC FUSION Bowl up the spicy chicken and top with the charred corn, the jalapeños, the tomato, and the guacamole. Crumble over the crispy poppadom/s, garnish with the coriander, and drizzle over the sour cream. Enjoy!