



UCOOK

Steamed Rice & Herby Chicken Mince

with charred corn

With the right textures and flavours, a nice dish can become a wow dinner. Fluffy white basmati rice forms the base, then topped with a saucy browned chicken mince loaded with silky onion, a fresh herb medley, and coated with a rich tomato passata sauce. A sprinkle of NOMU Provençal Rub-spiced charred corn and there you have it, Chef!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Kate Gomba

 ***NEW Simple & Save**

 **Waterkloof | False Bay Chenin Blanc**

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Ingredients & Prep

300ml	White Basmati Rice <i>rinsed</i>
24g	Mixed Herbs <i>(12g Fresh Parsley & 12g Fresh Coriander)</i>
150g	Corn
30ml	NOMU Provençal Rub
450g	Free-range Chicken Mince
2	Onions <i>1½ peeled & roughly sliced</i>
300ml	Tomato Passata

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter

1. COOK THE RICE Place the rinsed rice in a pot with 600ml of salted water. Cover 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. SOME PREP Rinse the mixed herbs. Pick and finely chop the herbs. Set aside.

3. CHAR THE CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). In the final 1-2 minutes, add ½ of the NOMU rub, and stir occasionally. Remove from the pan, season, and set aside.

4. FRY THE MINCE Return the pan to medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-6 minutes (shifting occasionally).

5. HERBY MINCE Add the sliced onion to the pan and fry until soft, 5-6 minutes. Add the remaining rub and fry until fragrant 30-60 seconds. Pour the tomato passata and 450ml of water. Simmer until reduced and thickening, 12-15 minutes. Remove from the heat, mix through the chopped mixed herbs, 15ml of sweetener, and season.

6. EASY BUT TASTY Make a bed of the rice, top with the saucy herby mince, and scatter over the charred corn. Well done, Chef!

Nutritional Information

Per 100g

Energy	545kJ
Energy	130kcal
Protein	7.6g
Carbs	19g
of which sugars	2.4g
Fibre	1.7g
Fat	2.7g
of which saturated	0.7g
Sodium	145mg

Allergens

Dairy, Allium

Cook
within 1
Day