

UCOOK

Chicken Fried Rice

with toasted sesame seeds

Cause a stir at the dinner table when it's revealed what's for dinner tonight, Chef! Steamed basmati rice is loaded with browned chicken mince, silky onion, charred bell pepper, pops of sweet corn, & plump peas. Coated in a yummy, umami Oriental sauce and garnished with toasted sesame seeds and a perfectly golden fried egg.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jade Summers

Fan Faves

Strandveld | Adamastor White Blend

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Ingredients & Prep

100ml	White Basmati Rice <i>rinse</i>
5ml	White Sesame Seeds
150g	Free-range Chicken Mince
1	Onion <i>peel & finely dice ½</i>
120g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
1	Bell Pepper <i>rinse, deseed & cut ½ into bite-sized pieces</i>
50g	Corn
10ml	NOMU Oriental Rub
50g	Peas
70ml	Oriental Sauce <i>(10ml Honey, 20ml Rice Wine Vinegar, 30ml Low Sodium Soy Sauce & 10ml Sesame Oil)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s
Butter

1. READY THE RICE Place the rinsed rice in a pot with 200ml 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. SESAME SEEDS Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. CRACK ON WITH THE EGG Place a pan over medium-high heat with a drizzle of oil. Crack in 1 egg and fry until cooked to your preference. Remove from the heat and season.

4. MOUTHWATERING MINCE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the diced onion and fry until golden, 3-4 minutes (shifting occasionally). Add the diced carrots, the diced pepper, the corn and fry until charred and softened, 5-8 minutes. In the final minute, add the NOMU rub, and fry until fragrant.

5. ALL TOGETHER NOW Add the cooked rice, the peas, the oriental sauce, and a knob of butter to the fried mince. Fry until the sauce is warmed through, 4-5 minutes. Alternatively, for egg-fried rice, you can crack 1 egg (optional) into the mixture and stir until the egg is fully cooked. Remove from the heat and season.

6. FAB FRIED RICE Make a bed of the fried rice. Top with the perfect fried egg, and garnish with the toasted sesame seeds. Good job, Chef!

Nutritional Information

Per 100g

Energy	432kj
Energy	103kcal
Protein	4.9g
Carbs	15g
of which sugars	3.6g
Fibre	1.9g
Fat	2.6g
of which saturated	0.6g
Sodium	146mg

Allergens

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

Eat
Within
1 Day