



UCOOK

Mexican Chicken & Corn Salsa

with basmati rice & tzatziki

White rice is fried in onions and a Mexican spice blend to create the ultimate flavoursome base for golden chicken strips. Served with a charred corn salsa & fresh coriander, and sided with cooling tzatziki. Simple, satisfying, and tasty. What more could you ask for?

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Thea Richter

Simple & Save

Deetlefs Wine Estate | Deetlefs Stonecross
Pinotage

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Ingredients & Prep

| | |
|-------|--|
| 1 | Onion <i>peel & finely dice</i> |
| 10ml | NOMU Mexican Spice Blend |
| 150ml | White Basmati Rice <i>rinse</i> |
| 100g | Corn |
| 2 | Free-range Chicken Breasts |
| 1 | Tomato <i>rinse & roughly dice</i> |
| 5g | Fresh Coriander <i>rinse & pick</i> |
| 20ml | Lemon Juice |
| 100ml | Tzatziki |

From Your Kitchen

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

1. AROMATICS Place a pot (big enough for the rice) over medium heat with a drizzle of oil. When hot, fry the diced onion until golden and soft, 4-5 minutes (shifting occasionally). In the final minute, add ½ the NOMU spice blend.

2. YUMMY RICE When the onion is soft, add the rinsed rice, and 300ml of salted water to the pot. 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.

3. CHARRED CORN Place a pan (with a lid) 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.

4. CHICKEN TIME Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel and cut into strips. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. During the final minutes, baste the chicken with a knob of butter and the remaining spice blend. Remove from the pan, season, and set aside.

5. 1, 2, 3, SALSA In a bowl, combine the charred corn, the diced tomato, ½ the picked coriander, the lemon juice, a drizzle of olive oil, a sweetener (to taste), and seasoning.

6. WINNER OF A DINNER! Plate up the rice. Top with the chicken, and serve with the corn salsa. Garnish with the remaining coriander. Dollop over the tzatziki. Time to dine, Chef!



Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat in oil, ½ the NOMU spice blend and seasoning. Air fry at 200°C until cooked through, 5-8 minutes (shifting halfway).

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 428kj |
| Energy | 102kcal |
| Protein | 8.3g |
| Carbs | 14g |
| of which sugars | 2.3g |
| Fibre | 1.1g |
| Fat | 0.9g |
| of which saturated | 0.2g |
| Sodium | 97mg |

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
3 Days