



# UCOOK

## Easy Chicken & Pineapple Rice

with lemon sour cream & a fresh salad

Fluffy white basmati rice is loaded with charred pineapple pieces and served alongside butter-basted chicken slices. Sided with a fresh cucumber salad & dollops of lemony sour cream.

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**Hands-on Time:** 40 minutes

**Overall Time:** 45 minutes

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**Serves:** 4 People

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**Chef:** Megan Bure

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 **\*NEW Simple & Save**

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 **Simonsig | Gewürztraminer**

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## Ingredients & Prep

|       |                                                    |
|-------|----------------------------------------------------|
| 2     | Onions<br><i>peeled &amp; finely diced</i>         |
| 300ml | White Basmati Rice<br><i>rinsed</i>                |
| 125ml | Sour Cream                                         |
| 40ml  | Lemon Juice                                        |
| 4     | Free-range Chicken<br>Breasts                      |
| 20ml  | NOMU Poultry Rub                                   |
| 120g  | Tinned Pineapple Pieces<br><i>drained</i>          |
| 80g   | Salad Leaves<br><i>rinsed</i>                      |
| 200g  | Cucumber<br><i>rinse &amp; cut into half-moons</i> |

## From Your Kitchen

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

**1. READY THE RICE** Place a pot (with a lid) over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 6-7 minutes (shifting occasionally). Add the rinsed rice and 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. CREAMY, LEMONY DRIZZLE** In a small bowl, combine the sour cream, the lemon juice (to taste), a drizzle of olive oil, and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside.

**3. BUTTERY CHICKEN** 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, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan, reserving the pan juices, and rest for 5 minutes before slicing and seasoning.

**4. CHARRED PINEAPPLE** Return the pan to high heat. When hot, fry the drained pineapple pieces for 2-3 minutes per side until charred. Remove from the pan and mix through the cooked rice.

**5. GREEN SALAD** In a salad bowl, combine the rinsed leaves, the cucumber half-moons, a drizzle of olive oil, and seasoning. Set aside.

**6. TIME TO DINE** Plate up the pineapple rice and side with the sliced chicken drizzled with the pan juices. Serve the fresh salad alongside and drizzle it all with the lemony sour cream. Enjoy, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 506kJ   |
| Energy             | 121kcal |
| Protein            | 9.6g    |
| Carbs              | 15g     |
| of which sugars    | 2.4g    |
| Fibre              | 0.9g    |
| Fat                | 2.4g    |
| of which saturated | 1g      |
| Sodium             | 57mg    |

## Allergens

Dairy, Allium

Cook  
within 3  
Days