



# UCOOK

## A La King-style Chicken

**with fluffy basmati rice**

Rule the kitchen with fluffy basmati rice, crowned with golden chicken pieces enrobed in a spice-infused creamy white sauce. Bejewelled with pops of peas, button mushrooms & silky onion. You're the king of cuisine today, Chef!

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**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Simple & Save

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Stettyn Wines | Stettyn Family Range Rosé  
Chardonnay Pinot Noir

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### Ingredients & Prep

100ml	White Basmati Rice <i>rinse</i>
1	Free-range Chicken Breast
1	Onion <i>peel &amp; roughly dice</i>
65g	Button Mushrooms <i>wipe clean &amp; roughly slice</i>
25ml	Spiced Flour
100ml	Low Fat UHT Milk
40g	Peas

### From Your Kitchen

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

**1. BEGIN WITH BASMATI** 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. 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. Remove from the pan and rest for 5 minutes before seasoning and cutting into bite-sized pieces.

**3. AMAZING A LA KING** Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion and the sliced mushrooms until golden, 4-5 minutes (shifting occasionally). Add the spiced flour and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the milk and 50ml of water. Simmer until slightly thickened, 3-5 minutes. In the final 1-2 minutes, add the browned chicken pieces and the peas. Add a splash of water if it's too thick for your liking. Season.

**4. ROYAL FEAST** Make a bed of the fluffy rice and top with the chicken a la king. Finish with a crack of black pepper. Easy peasy, Chef!

### Nutritional Information

Per 100g

Energy	494kj
Energy	118kcal
Protein	8.8g
Carbs	18g
of which sugars	2.4g
Fibre	1.6g
Fat	1.4g
of which saturated	0.5g
Sodium	60mg

### Allergens

Gluten, Allium, Wheat, Cow's Milk

Eat  
Within  
3 Days