



U C O O K

— COOKING MADE EASY

ONE-POT CHICKEN CURRY

with coriander and chilli pesto & whole wheat rotis

There's nothing like a speedy, minimal-mess curry and an easy-peasy raita to end off a busy day. With lean protein from chicken mini fillets and complex carbs from roast sweet potato, it'll leave you nourished and cosy to the core.

Hands-On Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Jana Verster

 **Easy Peasy**

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Ingredients & Prep

200g	Sweet Potato Chunks <i>cut into bite-size pieces</i>
1	Onion <i>one half peeled & sliced</i>
1	Fresh Chilli <i>deseeded & finely chopped</i>
10g	Fresh Ginger <i>peeled & grated</i>
15ml	NOMU Indian Rub
100g	Cooked Chopped Tomatoes
50g	Cucumber
80ml	Plain Yoghurt
150g	Free-Range Chicken Mini Fillets
75g	Green Beans <i>trimmed & halved</i>
2	Whole Wheat Rotis
15ml	Pesto Princess Coriander & Chilli Pesto

From Your Kitchen

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

1. ROAST THE SWEET POTATO Preheat the oven to 200°C. Spread out the sweet potato pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 20-25 minutes until cooked through and crisping up, shifting halfway.

2. START YOUR CURRY Place a large pot for the curry over a medium heat with a drizzle of oil. When hot, fry the sliced onion for 2-3 minutes until soft and translucent. Add the grated ginger and stir in the chopped chilli and the Indian Rub (both to taste). Fry for about a minute until fragrant, shifting continuously. Pour in the cooked chopped tomatoes and 200ml of water. Reduce to a low heat and pop on a lid. Allow to simmer for 6-7 minutes until slightly reduced, stirring occasionally.

3. CHICKEN PREP & CUCUMBER RAITA While the curry is simmering, rinse the chicken mini fillets to get rid of any residue and pat dry with some paper towel. Place in a bowl with a drizzle of oil and seasoning to taste. Toss to coat and set aside. Grate the cucumber onto some paper towel or a dish cloth and squeeze to remove any excess liquid. Place the yoghurt and grated cucumber in a bowl, season to taste, and mix to combine. Set aside for serving

4. COMPLETE THE CURRY When the curry has finished simmering, add in the chicken and the halved green beans. Stir to coat and replace the lid. Simmer for a further 4-5 minutes until the chicken is cooked through and the green beans are al dente. In the final 1-2 minutes, stir through the roast sweet potato, season to taste, and remove from the heat.

5. ROTI TIME Place a dry pan over a medium heat. When hot, warm the rotis for about 1 minute per side until heated through and lightly toasted. Alternatively, spread them out on a plate in a single layer and heat up in the microwave for 30-60 seconds, or heat up in the oven for 2-3 minutes.

6. BOWL UP! Spoon some fragrant chicken curry into a bowl. Add generous dollops of the cucumber raita and the coriander & chilli pesto. Serve the rotis on the side and use them to scoop up all that deliciousness. Yum!



Chef's Tip

Ginger has superpowers! It strengthens the immune system, stops inflammation, eases digestion, and alleviates cold and flu symptoms. Whizz it up fresh with smoothies or juices for extra zing, or add it to just about any curry dish!

Nutritional Information

Per 100g

Energy	469kJ
Energy	112Kcal
Protein	6.5g
Carbs	15g
of which sugars	4.1g
Fibre	2g
Fat	2.6g
of which saturated	0.5g
Sodium	249mg

Allergens

Gluten, Dairy, Allium, Wheat, Tree Nuts, Soy

Cook
within 3
Days