



# UCCOOK

## Saucy Indian-spiced Chicken

with julienne carrots & toasted cocktail rotis

**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Groote Post Winery | Groote Post Chenin Blanc

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 437kJ    | 2622kJ      |
| Energy             | 104kcal  | 627kcal     |
| Protein            | 8.7g     | 52.2g       |
| Carbs              | 12g      | 72g         |
| of which sugars    | 3.9g     | 23.3g       |
| Fibre              | 2g       | 12.1g       |
| Fat                | 2.2g     | 13.5g       |
| of which saturated | 0.4g     | 2.1g        |
| Sodium             | 278.7mg  | 1673mg      |

**Allergens:** Cow's Milk, Gluten, Allium, Wheat, Sulphites, Soy

**Spice Level:** Mild

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                          |
|----------|------------|----------------------------------------------------------|
| 450g     | 600g       | Free-range Chicken Mini Fillets                          |
| 60ml     | 80ml       | Spice & All Things Nice Cape Malay Curry Paste           |
| 225g     | 300g       | Sliced Onions                                            |
| 45ml     | 60ml       | NOMU Indian Rub                                          |
| 300ml    | 400ml      | Tomato Passata                                           |
| 225g     | 300g       | Julienne Carrots                                         |
| 150g     | 200g       | Peas                                                     |
| 9        | 12         | Cocktail Rotis                                           |
| 150ml    | 200ml      | Raita                                                    |
| 15ml     | 20ml       | Dried Chilli Flakes                                      |
| 8g       | 10g        | Fresh Coriander<br><i>rinse, pick &amp; roughly chop</i> |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Sugar/Sweetener/Honey  
Paper Towel

**1. CURRY CHICKEN** Pat the chicken dry with paper towel and place in a bowl. Mix in  $\frac{1}{4}$  of the curry paste and season. Place a pan over medium heat with a drizzle of oil. When hot, fry the chicken in batches until lightly charred but not cooked through, 30-60 seconds per side. Remove from the pan.

**2. SAUCE** Return the pan to medium heat with a drizzle of oil if necessary. Fry the onions until soft, 6-7 minutes. Add the NOMU rub and the remaining curry paste, fry until fragrant, 1-2 minutes. Mix in the tomato passata and 300ml [400ml] of water. Simmer until thickened, 15-20 minutes. In the final 3-4 minutes, mix in the julienne carrots, the chicken, and the peas. Remove from the heat, add a sweetener (to taste) and season.

**3. ROTIS** Place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

**4. DINNER IS READY** Plate up the saucy Indian-spiced chicken and top with dollops of the raita. Sprinkle over the chilli flakes (to taste) and garnish with the coriander. Side with the warmed rotis. Tuck in, Chef!