



UCOOK

Curry-spiced Chicken & Pineapple Salad

with golden sultanas, baby tomatoes & lemon

The coolness of the creamy yoghurt. The spicy kick from the curry. The sweetness of the golden sultanas & charred pineapple. It's the lightness of a chicken salad combined with the deep, satisfying flavours of a good curry. Sweet, spicy & refreshing. What more could you want from a meal, Chef? Except one more bite!

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Kate Gomba

 Quick & Easy

 Simonsig | Gewürztraminer

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Ingredients & Prep

180ml	Yoghurt Mix (90ml Greek Yoghurt & 90ml Crème Fraîche)
30ml	Medium Curry Powder
450g	Free-range Chicken Mini Fillets
225ml	Red Quinoa
2	Lemons
300g	Baby Tomatoes
2	Red Onions
12g	Fresh Mint
120g	Green Leaves
300g	Pineapple Fingers
45g	Golden Sultanas
15ml	White Sesame Seeds

From Your Kitchen

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

1. KEEP CALM AND CURRY ON In a bowl, combine ½ the yoghurt mix, the curry powder, a splash of water, and seasoning. Pat the chicken dry with paper towel and add to the bowl with the curried yoghurt. Toss until coated and set aside to marinate.

2. QUEUE UP THE QUINOA Rinse the quinoa and place in a pot. Submerge in 600ml of salted water and place over medium-high heat. Pop on the lid and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out, adding more water if required during cooking. Drain if necessary and return to the pot. Replace the lid and stand off the heat for at least 5 minutes.

3. PREP STEP Zest the lemons and cut into wedges. Rinse and halve the baby tomatoes. Peel and roughly slice 1½ of the onions. Rinse the mint and the green leaves. Roughly chop the mint and roughly shred the green leaves. In a bowl, combine the halved tomatoes, the lemon zest (to taste), and a squeeze of lemon juice. Set aside. In a separate bowl, combine the remaining yoghurt, ½ the chopped mint, a squeeze of lemon juice, and seasoning. Add water in 5ml increments until drizzling consistency.

4. LET'S GET FRYING Return the pan to a medium heat with a drizzle of oil. When hot, add the sliced onion and fry for 4-5 minutes until soft, shifting occasionally. Add the marinated chicken, without the excess curried yoghurt, and fry for 3-4 minutes or until cooked through, flipping halfway. Season and remove from the pan.

5. CHAR THE PINEAPPLE Return the pan, wiped down, to a medium-high heat with a drizzle of oil. When hot, fry the pineapple fingers for 1-2 minutes per side until lightly charred.

6. BRING IT TOGETHER In a salad bowl, combine the quinoa, the halved baby tomatoes, the shredded leaves, the cooked onion & chicken, ½ the sultanas, and seasoning.

7. SENSATIONAL SALAD Bowl up the loaded salad. Top with the charred pineapple fingers and sprinkle over the remaining sultanas. Garnish with a sprinkle of the sesame seeds and the remaining mint. Drizzle over the mint-yoghurt mix. Enjoy being a Chef!



Chef's Tip

If you would like to toast the sesame seeds, place in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally.

Nutritional Information

Per 100g

Energy	497kJ
Energy	119kcal
Protein	7.9g
Carbs	13g
of which sugars	5.1g
Fibre	2.2g
Fat	3.8g
of which saturated	1.6g
Sodium	22mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites

Cook
within 2
Days