

UCOOK

Chicken Tikka Salad

with sweet potato & baby tomatoes

Every day is made up of various tasks we need to get done, but making dinner tonight will actually be a delight to tick off your 'to do' list, Chef! A bed of crispy greens is loaded with oven-toasted sweet potato, NOMU Indian Rub-spiced chicken, tangy tomato, & cooling cucumber. Drenched in a deliciously rich sweet buttermilk, ginger & tikka curry sauce.

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Serves: 4 People

Chef: Jenna Peoples

Quick & Easy

Stettyn Wines | Stettyn Family Range Chenin Blanc

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Ingredients & Prep

800g	Sweet Potato Chunks
160g	Salad Leaves
10g	Fresh Parsley
400g	Baby Tomatoes
400g	Cucumber
40g	Fresh Ginger
600g	Free-range Chicken Mini Fillets
20ml	NOMU Indian Rub
40ml	Spice & All Things Nice Tikka Curry Paste
200ml	Sweet Buttermilk <i>(180ml Buttermilk & 20ml Honey)</i>

From Your Kitchen

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

1. SWEET POTATOES & PREP STEP Coat the sweet potato chunks in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). While they are cooking, prep your salad. Rinse and roughly shred the salad leaves. Rinse and roughly chop the parsley. Rinse and halve the baby tomatoes and roughly dice the cucumber. Peel and grate the fresh ginger. Set aside.

2. NOMU-SPICED CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. In the final minute, baste with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices. Season and set aside.

3. CREAMY CURRY SAUCE Return the pan to medium heat with a drizzle of oil (if necessary). Fry the ginger and curry paste for 2-3 minutes, until fragrant. Remove the pan from the heat. To a bowl, add the sweet buttermilk. Whisk in the fried curry paste and chopped parsley through the sweet buttermilk and set aside.

4. TASTY TIKKA-INSPIRED MEAL Plate up the shredded salad leaves. Top with the sweet potato chunks, the halved tomatoes and the diced cucumber and the chicken strips. Drizzle over the tikka dressing and season if necessary. Dive in, Chef!



Chef's Tip

Preheat the oven to 200°C. Spread the sweet potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	305kj
Energy	73kcal
Protein	6.4g
Carbs	7g
of which sugars	3.3g
Fibre	1.6g
Fat	1.3g
of which saturated	0.4g
Sodium	61mg

Allergens

Cow's Milk, Allium, Sulphites

Eat
Within
3 Days