



UCCOOK

Mouthwatering Madras Chicken

with charred broccoli & white basmati rice

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Painted Wolf Wines | The Den Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	546kJ	4278kJ
Energy	131kcal	1023kcal
Protein	8.1g	63.4g
Carbs	13g	101g
of which sugars	3g	23.9g
Fibre	1.7g	13.4g
Fat	5.2g	40.5g
of which saturated	1.8g	14.1g
Sodium	98mg	769mg

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

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	White Basmati Rice <i>rinse</i>
6	8	Free-range Chicken Pieces
2	2	Onions <i>peel & finely dice</i>
150ml	200ml	Buttermilk
15ml	20ml	Dijon Mustard
360g	480g	Carrot <i>trim, peel & cut into bite-sized pieces</i>
300g	400g	Broccoli Florets <i>rinse & cut into bite-sized pieces</i>
15ml	20ml	Chicken Stock
30ml	40ml	Medium Curry Powder
45ml	60ml	Vinegar & Jam <i>(15ml [20ml] White Wine Vinegar & 30ml [40ml] Apricot Jam)</i>
75ml	100ml	Crème Fraîche
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Milk (optional)
Paper Towel
Butter
Seasoning (salt & pepper)

1. BASMATI RICE Place the rice in a pot with 450ml [600ml] of salted water. Cover 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. MARINATION STATION Boil the kettle. Pat the chicken dry with paper towel and place into a bowl. Mix together with ¼ the onion, the buttermilk, the mustard, a drizzle of oil, and seasoning. Set aside to marinate.

3. FRY THE CARROTS Place a pan (with a lid) over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the carrot until starting to brown and soften, 5-8 minutes. Remove from the pan, season, and cover.

4. CHARRED BROCC Return the pan to medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the broccoli pieces until lightly charred, 5-6 minutes (shifting occasionally). Add a splash of water, cover, and simmer until al dente, 1-2 minutes. Remove from the pan, season, and add to the bowl of carrots. Set aside.

5. GOLDEN CHICKEN Return the pan to medium heat with a drizzle of oil. Fry the chicken on one side until browned, 4-6 minutes. Flip, cover, and fry until cooked through, 12-15 minutes. At the halfway mark, add a splash of water to the pan, cover, and cook for the remaining time. Remove from the pan and cover to keep warm.

6. MADRAS SAUCE Dilute the stock with 90ml [125ml] of boiling water. While the chicken is cooking, place a clean pan over medium-high heat with a drizzle of oil. When hot, add the remaining onion and the curry powder (to taste) and fry until golden, 6-7 minutes (shifting occasionally). Stir in the diluted stock and the vinegar and jam mixture, and simmer until reduced and slightly thickened, 6-8 minutes (stirring occasionally). Remove from the heat and mix through the crème fraîche and seasoning. Add a splash of milk (optional) or water if the sauce is too thick.

7. PLATE IT UP! Serve up the steaming rice and top with the golden chicken pieces. Plate the charred carrot & broccoli on the side and drizzle over the creamy Madras sauce. Garnish it all with the parsley. Tuck in, Chef!