



# UCOOK

## Chickpea & Chicken Curry

with millet

On a bed of steaming millet lies a generous helping of chicken curry. Chickpeas, fresh ginger & coriander elevate this simple, stovetop-only dish to delish.

---

**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

---

**Serves:** 1 Person


---

**Chef:** Morgan Otten

---

Simple & Save

---

 Waterford Estate | Waterford Pecan Stream  
Chenin Blanc

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

100ml	Millet
150g	Free-range Chicken Mini Fillets
10g	Fresh Ginger <i>peel &amp; grate</i>
20ml	Spice & All Things Nice Cape Malay Curry Paste
100g	Cooked Chopped Tomato
60g	Chickpeas <i>drain &amp; rinse</i>
3g	Fresh Coriander <i>rinse &amp; pick</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel

**1. MAKE THE MILLET** Place the millet in a pot over medium heat. Toast until fragrant, 1-3 minutes (shifting occasionally). Add 150ml of salted water and a drizzle of olive oil. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 10-12 minutes. Fluff with a fork and cover.

**2. GOLDEN CHICKEN** Place a pot 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. Remove from the pan, season, and set aside.

**3. HURRY WITH THE CURRY** Return the pot to medium heat with a drizzle of oil. When hot, fry the grated ginger and the curry paste until fragrant, 1-2 minutes (shifting constantly). Add the cooked chopped tomato, the rinsed chickpeas, and 150ml of water. Bring to a boil and simmer until thickened, 10-12 minutes (stirring occasionally). In the final 1-2 minutes, add the cooked chicken and simmer until heated through. Add ½ the picked coriander, a sweetener (to taste), and seasoning.

**4. ENJOY** Plate up the millet and top with the chicken & chickpea curry. Garnish with the remaining coriander. Wow, Chef!

## Nutritional Information

Per 100g

Energy	680kJ
Energy	163kcal
Protein	12.2g
Carbs	21g
of which sugars	1.4g
Fibre	3.2g
Fat	2.9g
of which saturated	0.3g
Sodium	157mg

## Allergens

Allium

Eat  
Within  
2 Days