



UCCOOK

Simple Chicken Curry

with fluffy basmati rice

When the appetising aromas of this butter chicken curry dish start to fill your kitchen, don't be surprised to hear hungry cries of, "Hurry with the curry!". That's because the fragrances released from frying the onion, garlic, fresh ginger, and our special butter chicken spice mix for the curry base are sure to make anyone's mouth water.


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Morgan Offen

 Simple & Save

 Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc

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Ingredients & Prep

100ml	White Basmati Rice <i>rinsed</i>
150g	Free-range Chicken Mini Fillets <i>patted dry with paper towel & cut into bite-sized pieces</i>
1	Onion <i>½ peeled & roughly diced</i>
1	Garlic Clove <i>peeled & grated</i>
10g	Fresh Ginger <i>peeled & grated</i>
20ml	Chicken Spice Mix <i>(15ml Garam Masala, 2,5ml Ground Turmeric & 2,5ml Cumin Seeds)</i>
100g	Cooked Chopped Tomato
40ml	Cream
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. BEGIN WITH THE BASMATI Place the rinsed rice in a pot with 200ml 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. FRY THE CHICKEN Place a pot over medium heat with a drizzle of oil. When hot, fry the chicken pieces until golden but not cooked through, 1-2 minutes (shifting occasionally). Remove from the pot and set aside.

3. COOK THE CURRY BASE Return the pot to medium heat with a drizzle of oil. When hot, fry the diced onion until soft, 3-4 minutes (shifting occasionally). Add the grated garlic, the grated ginger, and the chicken spice mix. Fry until fragrant, 1-2 minutes (shifting constantly). Add the cooked chopped tomato and 200ml of water. Simmer until thickened, 13-15 minutes (stirring occasionally).

4. A DREAMY CREAMY SAUCE Once the sauce has thickened, stir through the cream and simmer until starting to thicken again, 5-6 minutes. In the final 1-2 minutes, add the fried chicken pieces. Loosen with a splash of water, if necessary. Add a sweetener and seasoning.

5. GRUB'S UP! Bowl up the curry and garnish with the chopped coriander. Serve alongside the steamy basmati rice. Wow, Chef!

Nutritional Information

Per 100g

Energy	615kj
Energy	147kcal
Protein	9.5g
Carbs	18g
of which sugars	2g
Fibre	1.7g
Fat	4.3g
of which saturated	2.2g
Sodium	50mg

Allergens

Dairy, Allium

Cook
within 3
Days