



UCCOOK

Quick Thai Chicken Curry

with jasmine rice

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Zevenwacht | Estate Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	663kJ	3115kJ
Energy	159kcal	745kcal
Protein	9.6g	45.1g
Carbs	18g	83g
of which sugars	2.2g	10.1g
Fibre	1.5g	7.2g
Fat	4.9g	23g
of which saturated	2.9g	13.5g
Sodium	47mg	270mg

Allergens: Cow's Milk, Allium

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Jasmine Rice <i>rinse</i>
10g	20g	Coconut Flakes
1	2	Free-range Chicken Breast/s
1	1	Onion <i>peel & roughly slice ½ [1]</i>
10ml	20ml	Spice Rub <i>(7,5ml [15ml] NOMU One For All Rub & 2,5ml [5ml] Dried Chilli Flakes)</i>
15ml	30ml	Spice & All Things Nice Thai Red Curry Paste
40g	80g	Corn
30ml	60ml	Crème Fraîche

From Your Kitchen

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

1. NICE RICE Place the rice in a pot with 150ml [300ml] of salted water. Cover with a lid 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. TOASTED COCONUT Place the coconut flakes in a pan over medium heat. Toast until golden, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. GOLDEN CHICKEN Return the pan to high heat with a drizzle of oil. Pat the chicken dry with paper towel, and cut into bite-sized chunks. Fry the chicken until golden and cooked through, 1-2 minutes (shifting occasionally). Remove from the pan, season, and set aside.

4. HURRY WITH THE CURRY Return the pan to medium heat with a drizzle of oil. Fry the onion until golden, 4-5 minutes (shifting occasionally). In the final minute, add the spicy rub, and the curry paste (to taste). Fry until fragrant, 1-2 minutes. Add 150ml [300ml] of water and simmer until reduced, 5-6 minutes. In the final 1-2 minutes, add the golden chicken and the corn. Mix in the crème fraîche and seasoning.

5. TO-THAI-FOR DINNER Make a bed of the fluffy rice, top with the curry, and scatter over the coconut flakes. Enjoy!