



UCOOK

Boschendal Butter Chicken

with coconut cream & crispy poppadoms

Get that smooth, aromatic butter chicken curry experience you've been craving. It is thickened with coconut cream, loaded with spinach, flecked with fresh mint, and paired with crispy poppadoms. This dish is as comforting as it is beautiful!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Boschendal Wines

 Carb Conscious

 Boschendal | Nicolas

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Ingredients & Prep

20ml	Indian Butter Chicken Curry Paste
300g	Free-range Chicken Mini Fillets <i>cut into bite sized pieces</i>
20g	Flaked Almonds
1	Onion <i>peeled & finely diced</i>
2	Garlic Cloves <i>peeled & grated</i>
200g	Cooked Chopped Tomato
4	Poppadoms
200ml	Coconut Cream
40g	Spinach <i>rinsed</i>
8g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
2	Spring Onions <i>finely sliced</i>

From Your Kitchen

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

1. MARINATING & TOASTING In a medium-sized bowl, mix together 1 tsp of curry paste and a drizzle of oil. Rinse the chicken fillets to get rid of any residue from the packet, pat dry with paper towel, and add to the bowl. Toss until coated, season, and set aside to marinate. Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

2. THE CURRY BASE Place a pot for the curry over a medium heat with a drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft and translucent. Add the grated garlic and the remaining curry paste to taste. Fry for 30-60 seconds until fragrant, shifting constantly. Stir in the cooked chopped tomato and 150ml of water. Bring to a simmer, pop on a lid, and cook for 15-20 minutes until thickened, stirring occasionally.

3. GOLDEN POPPADOMS When the sauce is nearing completion, return the pan to a medium-high heat with enough oil to cover the base. When hot, fry the poppadoms for 30 seconds on one side. When starting to curl, use tongs or a spatula to flip and flatten out. Keep flipping and flattening until puffed up and golden. You may need to do this step in batches. Remove from the pan on completion and allow to drain on paper towel.

4. THINGS ARE ABOUT TO GET CREAMY... Once the sauce has thickened, stir through the coconut cream and chicken pieces. Replace the lid and simmer for 6-7 minutes until the chicken is cooked through, giving it a stir halfway. During the final minute, stir through the rinsed spinach until wilted. Season to taste and remove from the heat.

5. CURRY'S UP! Make a bed of creamy butter chicken curry. Garnish with the toasted almond flakes, chopped mint, and sliced spring onion. Scoop it up with the crispy poppadoms. Wow, Chef!

Nutritional Information

Per 100g

Energy	491kJ
Energy	117Kcal
Protein	8.9g
Carbs	7g
of which sugars	2.3g
Fibre	1.3g
Fat	6g
of which saturated	3.6g
Sodium	179mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 3
Days