



UCOOK

The Tastiest Tikka Chicken

with fluffy basmati rice & tender green beans

Indian flavours shine in this delectable combination of tikka-spiced chicken, soft basmati rice, spicy sambal and crunchy green beans. Yum!

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Tess Witney

 Easy Peasy

 Robertson Winery | Chardonnay

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Ingredients & Prep

15ml	Spice & All Things Nice Tikka Curry Paste
2	Free-range Chicken Pieces
75ml	White Basmati Rice
50g	Cucumber <i>finely diced</i>
1	Plum Tomato <i>rinsed & diced</i>
15ml	White Wine Vinegar
150g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
15g	Almonds
50ml	Coconut Yoghurt
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. TIKKA CHICKY Preheat the oven to 190°C. Place the Tikka paste into a bowl with 15ml of oil and seasoning. Mix to combine, pat the chicken pieces dry and toss through the Tikka mixture. Place the chicken on a tray (skin-side up) and roast in the hot oven for 35-40 minutes, until the chicken is cooked through and golden. Let it rest for 5 minutes before serving.

2. BOUNCY BASMATI Rinse the rice and place in a pot over a medium-high heat. Submerge in 150ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

3. BEANS & SAMBAL Place the diced cucumber and diced tomato in a bowl with the white wine vinegar, a drizzle of olive oil and seasoning. Toss to coat. Place a pan over a medium-high heat with a splash of water. When starting to bubble, simmer the sliced green beans for 3-4 minutes until cooked al dente. Toss with a drizzle of oil, season and remove from the pan on completion.

4. LET'S PROPOSE A TOAST Return the pan to a medium heat. Toast the almonds for 3-5 minutes, shifting occasionally, until golden. Remove from the pan, and roughly chop when cool. Combine the coconut yoghurt with ½ of the chopped coriander, add water in 5ml increments until drizzling consistency, and season.

5. TABLE SET: TICK! DINNER: TIKKA! Make a bed of rice topped with the Tikka chicken. Serve with the sambal and a drizzle of the coriander-yoghurt. Sprinkle over the toasted almonds and any remaining coriander. There you have it!

Nutritional Information

Per 100g

Energy	471kJ
Energy	113Kcal
Protein	6.1g
Carbs	12g
of which sugars	2.7g
Fibre	2g
Fat	3.9g
of which saturated	1g
Sodium	17mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 3
Days