



UCCOOK

Curried Chicken & Sweet Potato

with bell pepper

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Calorie Conscious: Serves 3 & 4

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	281kj	2015kj
Energy	67kcal	481kcal
Protein	6.1g	43.6g
Carbs	8g	60g
of which sugars	4g	25g
Fibre	2g	12g
Fat	0.8g	6g
of which saturated	0.2g	1.7g
Sodium	95mg	678mg

Allergens: Gluten, Wheat, Cow's Milk, Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
450g	600g	Free-range Chicken Mini Fillets
2	2	Onions <i>peel & finely slice 1½ [2]</i>
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into strips</i>
30ml	40ml	Curry & Spice Mix <i>(15ml [20ml] NOMU Cajun Rub & 15ml [20ml] Medium Curry Powder)</i>
30ml	40ml	Tomato Paste
300g	400g	Cooked Chopped Tomato
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
90ml	120ml	Low Fat Plain Yoghurt

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Paper Towel

Cooking Spray

1. SWEET ON SWEET POTATO Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in cooking spray and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. GOLDEN CHICKEN Place a pan over medium heat and lightly add cooking spray. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan, season, and set aside.

3. CURRY VEGGIES Place a pan over medium heat and lightly add cooking spray. When hot, fry the onion and pepper until golden, 5-6 minutes (shifting occasionally). Add the curry & spice mix and the tomato paste and fry until fragrant, 30 seconds - 1 minute (shifting constantly). Add the chopped tomato and 450ml [600ml] of water and simmer until slightly reduced and thickened, 10-12 minutes (stirring occasionally).

4. ADD SOME SPICE When the sauce is done, add in the cooked chicken and sliced chilli (to taste). Season and remove from the heat.

5. WHAT A GREAT PLATE Plate up the golden sweet potato and top with the luscious chicken curry. Dollop over the yoghurt. Enjoy!