



UCCOOK

Coconut Chicken Curry

with roasted butternut & green beans

Hands-on Time: 40 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	302kj	1998kj
Energy	72kcal	478kcal
Protein	6.4g	42.7g
Carbs	6g	39g
of which sugars	3g	18g
Fibre	2g	10g
Fat	2.7g	17.6g
of which saturated	1.9g	12.3g
Sodium	208.9mg	1383.9mg

Allergens: Allium, Sulphites, Fish, Shellfish

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Pumpkin Chunks
450g	600g	Free-range Chicken Mini Fillets
30ml	40ml	Curry Powder <i>(15ml [20ml] Ground Cumin & 15ml [20ml] NOMU Indian Rub)</i>
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
450g	600g	Cooked Chopped Tomato
8g	10g	Fresh Coriander <i>rinse & roughly chop</i>
30ml	40ml	Fish Sauce
300ml	400ml	Coconut Milk
240g	320g	Sliced Green Beans <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. ROAST PUMPKIN Preheat the oven to 200°C. Spread the pumpkin on a roasting tray. Lightly coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. FRY THE CHICKEN Place a pan over medium heat with a light drizzle of oil. 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-LICIOUS Return the pan to medium heat. Fry the onion until golden, 5-6 minutes (shifting occasionally). Add the curry powder and fry until fragrant, 1-2 minutes (shifting occasionally). Add the cooked chopped tomatoes, ½ the coriander, the fish sauce and 300ml [400ml] of water. Season and simmer for 10-12 minutes (shifting occasionally).

4. CREAMY COCONUT MILK Add the chicken back to the pan with the coconut milk and the green beans. Allow the beans to cook through, 3-4 minutes (shifting occasionally). Remove the curry from the heat and mix through the pumpkin.

5. SAVOUR THE FLAVOUR Bowl up this warm and rich curry, and garnish with the remaining coriander. And there you have it, dinner is ready, Chef!