



UCOOK

Balti Chicken Curry

with coconut cream, fresh chillies & spring onion

Have you been craving a smooth, aromatic, lively balti chicken curry? This coconut cream thickened, spinach loaded, spring onion flecked, brown basmati rice based shibang is just the dish to satiate that very desire. Oh me, oh my, you're good to go!

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Thea Richter

♥ Health Nut

Anthoni Rupert | Cape of Good Hope
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Ingredients & Prep

240ml	Brown Basmati Rice
30ml	Spice & All Things Nice Balti Curry Paste
450g	Free-range Chicken Mini Fillets
2	Onions <i>peeled & finely diced</i>
360g	Carrot <i>rinsed, trimmed & finely diced</i>
3	Garlic Cloves <i>peeled & grated</i>
2	Fresh Chillies <i>deseeded & roughly chopped</i>
300g	Cooked Chopped Tomato
300ml	Coconut Milk Lite
150g	Spinach <i>rinsed & roughly shredded</i>
3	Spring Onions <i>finely sliced</i>

From Your Kitchen

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

1. GET THE RICE GOING Rinse the rice and place in a pot with 900ml of salted water. Pop on a lid and place over a medium heat. Once boiling, reduce the heat and simmer for 30-35 minutes until the water has been absorbed. If it starts to dry out, add more water in small increments to continue cooking. On completion, it should be tender but bouncy. Remove from the heat and drain if necessary. Cover with the lid.

2. MARINATING In a medium-sized bowl, mix ½ tsp of curry paste and a drizzle of oil. Pat the chicken pieces dry with paper towel and add to the bowl. Toss until coated, season, and set aside to marinate.

3. THE CURRY BASE Place a pot for the curry over a medium heat with a drizzle of oil. When hot, fry the diced onion and diced carrot for 2-3 minutes until soft and translucent. Add the grated garlic, the remaining curry paste and some chopped chilli, both to taste. Fry for 30-60 seconds until fragrant, shifting constantly. Stir in the cooked chopped tomato and 200ml of water. Bring to a simmer, pop on a lid, and cook for 10-12 minutes until thickened, stirring occasionally.

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, stirring it halfway. During the final 1-2 minutes, stir through the shredded spinach and cook until wilted. Season to taste and remove from the heat on completion.

5. GRUB'S UP! Make a bed of brown rice and smother in creamy balti chicken curry. Garnish with the sliced spring onion and any remaining chilli. Wow, Chef!

Nutritional Information

Per 100g

Energy	396kJ
Energy	95Kcal
Protein	6.7g
Carbs	10g
of which sugars	2.4g
Fibre	1.8g
Fat	3g
of which saturated	2g
Sodium	135mg

Allergens

Allium, Sulphites

Cook
within 3
Days