



UCOOK

Temptations Silky Chicken Reshimi

with crispy onion bhajis, garden salad & a zesty yoghurt dip


Reshimi means “silk” and this dish lives up to its name! A spiced double cream yoghurt marinade gives this chicken breast melt-in-your-mouth texture. Marinate an hour before cooking for extra vibrant flavour. Accompanied by chickpea flour fritters (bhajis) – you’ll need lots of oil for deep frying!


Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Prim Reddy & Niranj Pather

 Easy Peasy

 Steenberg Vineyards | Sphynx Chardonnay

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Ingredients & Prep

1	Free-range Chicken Breast
1	Garlic Clove <i>peeled & grated</i>
125ml	Double Cream Plain Yoghurt
12,5ml	Temptations Spice Blend
7,5ml	Lemon Juice
1	Lime <i>zested & cut into wedges</i>
3g	Fresh Coriander <i>rinsed & roughly chopped</i>
3	Kebab Skewers
257,5ml	Bhaji Mix <i>(250ml Chickpea Flour & 7,5ml Baking Powder)</i>
1	Onion <i>½ peeled & finely sliced</i>
20g	Salad Leaves <i>rinsed</i>
20g	Radish <i>rinsed & sliced into thin rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. IT'S ALWAYS GREAT TO MARINATE! Preheat the oven to 180°C. Pat the chicken dry with paper towel, cut into bite-sized pieces, and place in a bowl. Add in the grated garlic, ½ of the yoghurt, ½ of the spice blend, the lemon juice to taste, and some seasoning. Mix until combined and coated. Place in the fridge and allow to marinate for at least 15 minutes.

2. PREP STEP In a small bowl, combine the remaining yoghurt, the lime zest to taste, and ¾ of the chopped coriander. Loosen with a splash of water, season, and set aside for serving. Submerge the skewers in water and set aside to soak. (This prevents the wood from burning in the oven.) In a bowl, combine the bhaji mix with the remaining spice blend. Gradually mix in 80ml of water until it forms a batter the consistency of regular yoghurt. If too thick, loosen with more water in 5ml increments. Stir through the sliced onion and set aside.

3. SKEWER & TOSS Remove the skewers from the bowl of water, thread the marinated chicken onto them, and place on a baking tray. Bake in the hot oven for 8-10 minutes until the chicken is tender but not cooked through. In a salad bowl, whisk together a squeeze of lime, ½ tsp of a sweetener of choice, 1 tbsp of oil, and some seasoning. Toss through the rinsed salad leaves and sliced radish, and set aside for serving.

4. OH-SO-CRISPY Line a tray with paper towel. Place a deep pan over a medium-high heat and fill with 4-5cm of oil. When hot, scoop in 1 tbsp of batter per bhaji (8-10 bhajis). Deep fry for 2-3 minutes until cooked through and golden, flipping halfway. On completion, spread out on the tray and season.

5. CHARRED CHICKEN Remove the chicken from the oven on completion. Place a pan over a high heat with a drizzle of oil – use a grill pan if you have one. When smoking hot, fry the chicken skewers for 1-2 minutes per side until charred and cooked through. Remove from the pan and set aside for serving. Add the remaining lime wedges to the pan and char for 1-2 minutes. Remove from the heat.

6. MASSES OF FLAVOUR Plate up the fragrant chicken skewers, and side with the crispy onion bhajis and fresh salad. Garnish with the remaining coriander and the charred lime. Serve the herbed yoghurt on the side for dipping. Stunning!



Chef's Tip

The longer you marinate the chicken, the better! So, if time is on your side, complete the marinating step and leave the chicken in the fridge for an hour or two before you start cooking.

Nutritional Information

Per 100g

Energy	639kJ
Energy	153Kcal
Protein	12.9g
Carbs	17g
of which sugars	4.1g
Fibre	3.3g
Fat	4g
of which saturated	1.4g
Sodium	40mg

Allergens

Dairy, Allium

Cook
within 3
Days