



# UCOOK

## Tandoori Chicken & Sambal

**with roasted pumpkin mash & crispy poppadoms**

If you think the only way to enjoy tandoori-style chicken at home is to build a tandoor clay oven, put down the construction tools, grab the special UCOOK tandoori spice mix, and baste pan-fried chicken breast with it. Serve with a smooth pumpkin mash, a spicy tomato & bell pepper salsa, a crispy poppadom and dollops of coriander-loaded yoghurt.

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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Carb Conscious

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Laborie Estate | Laborie Chenin Blanc 2023

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## Ingredients & Prep

400g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
2	Free-range Chicken Breasts
40ml	Tandoori Mix <i>(30ml NOMU Tandoori Rub &amp; 10ml Smoked Paprika)</i>
20ml	Lemon Juice
1	Bell Pepper <i>rinse, deseed, dice ½ &amp; slice ½</i>
1	Tomato <i>rinse &amp; roughly dice</i>
100g	Cucumber <i>rinse &amp; roughly dice</i>
1	Fresh Chilli <i>rinse, trim, deseed &amp; finely chop</i>
5g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>
200ml	Low Fat Plain Yoghurt
1	Onion <i>peel &amp; roughly slice</i>
4	Poppadoms

## From Your Kitchen

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

**1. PUMPKIN** Preheat the oven to 200°C. Spread the pumpkin pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Place the roasted pumpkin in a bowl with a knob of butter and a splash of water or milk. Mash with a fork and cover.

**2. CHARRED CHICKEN** Pat the chicken dry with paper towel and cut into 1cm strips. Place a grill pan or a pan over medium heat with a drizzle of oil. When hot, fry the chicken strips until lightly charred and cooked through, 1-2 minutes per side. In the final 30-60 seconds, baste with ½ the tandoori spice. Remove from the pan with all the pan juices and set aside.

**3. SALSA** In a bowl, combine the lemon juice with a drizzle of olive oil, and whisk to emulsify. Add the diced pepper, the diced tomato, the diced cucumber, the chopped chilli (to taste), ½ the chopped coriander, and seasoning. Toss to combine. Set aside in the fridge. In a second bowl, combine ¼ of the yoghurt, the remaining coriander, and seasoning. Set aside.

**4. MAKE IT SAUCY** Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced onion and the sliced peppers until golden, 4-5 minutes (shifting occasionally). Add the remaining tandoori spice and fry until fragrant, 30 seconds - 1 minute (shifting constantly). Remove from the heat and mix through the remaining yoghurt and the cooked chicken with the pan juices. Season and cover.

**5. POPPADOMS** Heat the poppadoms in the microwave until crispy, 20-30 seconds. (Alternatively: Place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over. Keep flipping until golden and puffed up).

**6. DINNER IS READY** Plate up the mash and top with the saucy tandoori chicken. Dollop over the herby yoghurt. Side with the salsa and the crispy poppadoms. Well done, Chef!



## Chef's Tip

Air fryer method: Coat the pumpkin pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	199kj
Energy	48kcal
Protein	4.9g
Carbs	5g
of which sugars	1.8g
Fibre	1.4g
Fat	0.8g
of which saturated	0.3g
Sodium	104mg

## Allergens

Allium, Cow's Milk

Eat  
Within  
3 Days