



UCCOOK

Creamy Chutney Chicken Curry

with sultanas & fresh parsley

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	740kJ	3820kJ
Energy	177kcal	914kcal
Protein	8.9g	45.8g
Carbs	25g	128g
of which sugars	9.2g	47.3g
Fibre	1.2g	6.2g
Fat	4.1g	21g
of which saturated	1.9g	9.7g
Sodium	131mg	847mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Jasmine Rice <i>rinse</i>
1	2	Free-range Chicken Breast/s <i>pat dry & cut into 1-2cm thick strips</i>
1	1	Onion <i>peel & roughly dice</i>
15ml	30ml	Spice & All Things Nice Durban Curry Paste
30ml	60ml	Mrs Ball's Chutney
40ml	80ml	Crème Fraîche
30g	60g	Golden Sultanas <i>roughly chop</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

1. READY THE RICE Place the rice in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. FRY THE CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel and cut into 1-2cm thick strips. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

3. CHUTNEY, CHICKEN & CURRY Return the pan to medium heat with a drizzle of oil. Fry the onion until golden, 4-5 minutes (shifting occasionally). Add in the curry paste (to taste) and fry until fragrant, 30-60 seconds (shifting constantly). Mix in the chutney and cooked chicken and remove from the heat. Stir through the crème fraîche and seasoning. Loosen with water to desired consistency.

4. DELICIOUS Plate up the steaming rice with the chicken curry. Top with the sultanas and garnish with the parsley.