



UCCOOK

Butter Chicken Mince Curry

with fresh coriander, naan bread, & fluffy rice

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Morgan Otten

Wine Pairing: Nitida | Calligraphy Bordeaux blend

Nutritional Info	Per 100g	Per Portion
Energy	753kJ	3557kJ
Energy	180kcal	851kcal
Protein	7.8g	37g
Carbs	13g	61g
of which sugars	2.3g	10.7g
Fibre	0.9g	4.4g
Fat	10.6g	50.1g
of which saturated	5.3g	25.1g
Sodium	146mg	688mg

Allergens: Gluten, Wheat, Cow's Milk, Allium

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	White Basmati Rice <i>rinse</i>
150g	150g	Diced Onion
450g	600g	Free-range Chicken Mince
2	2	Garlic Cloves <i>peel & grate</i>
15ml	20ml	Ground Ginger
60ml	80ml	Butter Chicken Spice <i>(30 [40ml] NOMU Garam Masala Rub, 7.5ml [10ml] Ground Turmeric, 15ml [20ml] Ground Coriander & 7.5ml [10ml] Cumin Seeds)</i>
300ml	400ml	Tomato Passata
300ml	400ml	Fresh Cream
3	4	Naan Breads
2	2	Tomatoes <i>rinse & roughly dice</i>
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey

1. **RICE** Place the rice in a pot with 600ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. **CREAMY BUTTER SAUCE** Place a pot over medium heat with a drizzle of oil. When hot, fry $\frac{3}{4}$ of the onion until soft, 4-5 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until lightly golden, 2-3 minutes (shifting occasionally). Add the garlic, the ginger, and the butter chicken spice. Fry until fragrant, 1-2 minutes (shifting constantly). Add the tomato passata, the cream, and 150ml [200ml] of water. Bring to a simmer and cook until thickened, 12-15 minutes (stirring occasionally). Loosen with a splash of water if necessary. Add a sweetener (to taste) and season.

3. **SOMEBODY SAY SAMBAL?** Place a pan over medium heat. When hot, toast the naan until golden, 1-2 minutes per side. In a small bowl, combine the tomatoes, $\frac{1}{2}$ the coriander, the remaining onion (to taste), a drizzle of olive oil, and seasoning.

4. **WARM UP THE BELLY** Make a bed of rice and top with the creamy butter chicken mince. Side with the naan bread, the sambal, and garnish with the remaining coriander.