



# UCOOK

## Butter Chicken Mince Curry

with naan bread & fluffy rice

Nothing quite satisfies the taste buds like a flavourful butter chicken curry. Sided with rice, buttery garlic naan bread, and a refreshing sambal. Now go on, hurry and start the curry!

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People


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**Chef:** Morgan Offen

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 Quick & Easy

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 KWV - The Mentors | KWV The Mentors  
Chenin Blanc 2021

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## Ingredients & Prep

150ml	White Basmati Rice <i>rinse</i>
1	Onion
1	Garlic Clove
20g	Fresh Ginger
1	Tomato
5g	Fresh Coriander
300g	Free-range Chicken Mince
40ml	Butter Chicken Spice <i>(20ml NOMU Garam Masala Rub, 5ml Ground Turmeric, 10ml Ground Coriander &amp; 5ml Cumin Seeds)</i>
200ml	Tomato Passata
200ml	Fresh Cream
2	Naan Breads

## From Your Kitchen

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

**1. RICE** Place the rinsed rice in a pot with 300ml 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. PREP** Peel the onion and roughly dice. Peel and grate the garlic. Peel and grate the ginger. Rinse and roughly dice the tomato. Rinse, pick, and roughly chop the coriander.

**3. GOLDEN CHICKEN** Place a pot over medium-high heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Fry until lightly golden, 2-3 minutes (shifting occasionally). Remove from the pot and set aside.

**4. CREAMY BUTTER SAUCE** Return the pot to medium heat with a drizzle of oil. When hot, fry  $\frac{3}{4}$  of the diced onion until soft, 3-4 minutes (shifting occasionally). Add  $\frac{1}{2}$  the grated garlic, the grated ginger, and the butter chicken spice. Fry until fragrant, 1-2 minutes (shifting constantly). Add the tomato passata, the cream, and 100ml of water. Bring to a simmer and cook until thickened, 12-15 minutes (stirring occasionally). In the final 1-2 minutes, add the fried chicken mince. Loosen with a splash of water if necessary. Add a sweetener and seasoning.

**5. SOMEBODY SAY SAMBAL?** In a small bowl, combine the diced tomatoes,  $\frac{1}{2}$  the chopped coriander, the remaining onion (to taste), a drizzle of olive oil, and seasoning. Set aside in the fridge.

**6. GARLIC NAAN** Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, mix through the remaining garlic until fragrant, 30 seconds-1 minute (shifting constantly). Add the naan and toast until golden, 1-2 minutes per side. Remove from the heat and cut into squares.

**7. WARM UP THE BELLY** Make a bed of the rice and top with the creamy butter chicken mince. Side with the buttery naan and the sambal. Garnish with the remaining coriander.

## Nutritional Information

Per 100g

Energy	569kJ
Energy	136kcal
Protein	5.7g
Carbs	11g
of which sugars	3g
Fibre	1.5g
Fat	7.7g
of which saturated	3.8g
Sodium	104mg

## Allergens

Gluten, Allium, Wheat, Cow's Milk

Cook  
within 1  
Day