



UCOOK

Charred Tandoori Chicken

with white basmati rice, crispy onions & raita


Give yourself a break with this uber simple, super delicious dinner! Yoghurt marinated Tandoori chicken tops bouncy basmati rice laced with garlic, onion, cabbage and carrot! Drizzled with homemade raita and sprinkled with crispy onions and coriander. Simply stunning!


Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Thea Richter

 Easy Peasy

 Anthonij Rupert | L'Ormarins Brut Classique
Rosé NV

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

150ml	Plain Yoghurt
30ml	NOMU Tandoori Rub
450g	Free-range Chicken Mini Fillets
225ml	White Basmati Rice
150g	Cucumber
10g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
2	Lemons <i>1½ zested & cut into wedges</i>
2	Onions <i>1½ peeled & roughly diced</i>
2	Garlic Cloves <i>peeled & grated</i>
300g	Shredded Cabbage & Julienne Carrot
30ml	Crispy Onions

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Tea Towel

1. MARINATION TIME! Place ½ the yoghurt, the tandoori rub and some seasoning in a bowl. Mix until fully combined. Add in the chicken and toss until fully coated in the marinade. Place in the fridge and leave to marinate for at least 15 minutes.

2. RICE & SHINE Rinse the rice and place in a pot over a medium-high heat. Submerge in 450ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

3. RAVISHING RAITA Grate the cucumber and place on a clean tea towel. Squeeze out the excess moisture. Place the drained grated cucumber in a bowl and add in the remaining yoghurt, ½ the chopped coriander, the juice from 3 lemon wedges and a splash of water. Season and mix until fully combined.

4. FUNKY FRIED RICE Place a large pan over a medium-high heat with a drizzle of oil. Once hot, add the diced onion and fry for 5-6 minutes until soft and translucent, shifting occasionally. Add in the grated garlic and fry for about 1 minute, until fragrant, shifting constantly. Toss through the shredded cabbage and carrot and fry for about 3-4 minutes until slightly softened. Stir through the cooked rice, some seasoning and some lemon zest. Remove from the heat and cover to keep warm.

5. JUST WING IT! Place a nonstick pan or a griddle pan over a medium heat with a drizzle of oil. When hot, fry the marinated chicken for 2-3 minutes per side until cooked through and starting to char. You may need to do this step in batches. Remove from the heat on completion and set aside to rest for 3 minutes.

6. MOUTHWATERING, CHEF! Plate up a generous helping of the veggie fried rice. Top with the charred tandoori chicken and dollop over the raita. Sprinkle over the remaining coriander and the crispy onions. Serve with a lemon wedge. Stunning, chef!



Chef's Tip

To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.

Nutritional Information

Per 100g

Energy	464kj
Energy	111Kcal
Protein	8.8g
Carbs	15g
of which sugars	1.8g
Fibre	1.6g
Fat	1.7g
of which saturated	0.6g
Sodium	124.7mg

Allergens

Gluten, Dairy, Allium, Wheat

Cook
within 3
Days