



UCOOK

Keralan Chicken Curry

with poppadoms, toasted cashew nuts & crispy chickpeas

Tender golden-fried chicken and sweet pumpkin in a creamy coconut sauce, bursting with bold curry paste and fragrant curry leaves. Topped off with crispy chickpeas and toasted cashews for a satisfying crunch, and served with poppadoms for scooping. Sided with tomato salsa for a refreshing touch.

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Thea Richter

 Carb Conscious

 Vergelegen | Premium Chardonnay

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Ingredients & Prep

20g	Cashew Nuts <i>roughly chopped</i>
120g	Chickpeas <i>drained & rinsed</i>
2	Free-range Chicken Breasts
1	Onion <i>peeled & roughly diced</i>
400g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
1	Fresh Chilli <i>rinsed, deseeded & roughly chopped</i>
5g	Curry Leaves
20ml	Curry Paste
400ml	Coconut Cream
4	Poppadoms
1	Tomato <i>rinsed & roughly diced</i>

From Your Kitchen

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

1. CASHEW! BLESS YOU Place the chopped cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. POPS OF YUM Return the pan to medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas until golden and crispy, 12-15 minutes. Remove from the pan and season.

3. GOLDEN NUGS Pat the chicken dry with paper towel and cut into bite-sized pieces. Place a pot over medium-high heat with a drizzle of oil. When hot, add the chicken pieces and fry until golden, 2-3 minutes (shifting as it colours). Remove from the pot and set aside.

4. SIMMER THE SAUCE Return the pot to medium heat with a drizzle of oil. When hot, add the diced onion and fry until golden, 3-4 minutes (shifting occasionally). Add the pumpkin pieces, ½ the chopped chilli (to taste), the curry leaves, and the curry paste (to taste). Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the coconut cream and 300ml of water. Reduce the heat and simmer until slightly thickened and the pumpkin is cooked through, 15-20 minutes.

5. MY KINGDOM FOR A POPPADOM Return the pan to medium-high heat with enough oil to cover the base. When hot, 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 and flatten it out. Keep flipping and flattening until golden and puffed up. Alternatively, heat the poppadoms in the microwave until crispy, 20-30 seconds.

6. ALMOST THERE... When the curry has 5 minutes remaining, add the browned chicken, ½ the crispy chickpeas, a sweetener, and seasoning. In a small bowl, toss the diced tomato with a drizzle of olive oil and seasoning.

7. FEASTING TIME! Bowl up the keralan chicken curry. Serve with the poppadoms and the tomato salsa. Sprinkle over the toasted cashews, the remaining chilli (to taste), and the remaining chickpeas. Dive right in, Chef!

Nutritional Information

Per 100g

Energy	506kJ
Energy	121kcal
Protein	6.9g
Carbs	8g
of which sugars	2.4g
Fibre	1.6g
Fat	6.6g
of which saturated	4.6g
Sodium	98mg

Allergens

Allium, Sulphites, Tree Nuts, Shellfish

Cook
within 3
Days