

UCOOK

Fragrant Butter Chicken

with a buttery naan bread & tomato sambal

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

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Morgan Otten

Fan Faves

Creation Wines | Creation Chenin Blanc

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Ingredients & Prep

75ml	White Basmati Rice <i>rinse</i>
1	Free-range Chicken Breast <i>pat dry & cut into bite-sized pieces</i>
1	Onion <i>peel & finely dice ½</i>
1	Garlic Clove <i>peel & grate</i>
10g	Fresh Ginger <i>peel & grate</i>
20ml	Butter Chicken Spice <i>(10ml NOMU Garam Masala, 2,5ml Ground Turmeric, 5ml Ground Coriander & 2,5ml Cumin Seeds)</i>
100ml	Tomato Passata
40ml	Fresh Cream
1	Tomato <i>rinse & roughly dice</i>
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>
1	Naan Bread

From Your Kitchen

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

1. TIME TO RICE AND SHINE! Place the rinsed rice in a pot with 150ml of salted water. Cover 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. GET IT GOLDEN Place a pot over high heat with a drizzle of oil. When hot, fry the chicken pieces until golden but not cooked through, 1-2 minutes (shifting occasionally). Remove from the pot and set aside.

3. COOK THE CURRY BASE Return the pot to medium heat with a drizzle of oil. When hot, fry ¾ of the diced onion until soft, 3-4 minutes (shifting occasionally). Add the grated garlic & ginger and the butter chicken curry spice. Fry until fragrant, 1-2 minutes (shifting constantly). Add the tomato passata and 200ml of water. Bring to a simmer and cook until thickened, 12-15 minutes (stirring occasionally).

4. A DREAMY CREAMY SAUCE Once the sauce has thickened, stir through the cream and simmer until starting to thicken, 5-6 minutes. In the final 1-2 minutes, add the fried chicken pieces. Loosen with a splash of water, if necessary. Add a sweetener (to taste) and seasoning.

5. SOMEBODY SAY SAMBAL? In a small bowl, combine the diced tomatoes, ½ the chopped coriander, the remaining onion (to taste), a drizzle of olive oil, and seasoning.

6. NAAN COMPARE TO THIS Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, toast the naan bread until golden brown, 1-2 minutes per side. Cut into quarters.

7. WARM UP THE BELLY Bowl up the curry. Side with the rice and the sambal. Garnish with the remaining coriander.

Nutritional Information

Per 100g

Energy	562kj
Energy	134kcal
Protein	7.5g
Carbs	18g
of which sugars	2.5g
Fibre	1.6g
Fat	3.4g
of which saturated	1.4g
Sodium	98mg

Allergens

Gluten, Allium, Wheat, Cow's Milk

Eat
Within
3 Days