



# UCCOOK

## Mini Chicken Rotis

with fresh coriander & NOMU Indian Rub

Chicken mince is caramelised in NOMU's Indian Rub before being simmered in a tomato-based sauce dotted with sweet peas. Wrapped up in toasted rotis and sprinkled with fresh coriander.

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 4 People

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**Chef:** Thea Richter

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Simple & Save

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Waterford Estate | Waterford Pecan Stream  
Chenin Blanc

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## Ingredients & Prep

|      |                                                          |
|------|----------------------------------------------------------|
| 2    | Onions<br><i>peel &amp; roughly dice</i>                 |
| 600g | Free-range Chicken Mince                                 |
| 30ml | NOMU Indian Rub                                          |
| 400g | Cooked Chopped Tomato                                    |
| 160g | Peas                                                     |
| 16   | Rotis                                                    |
| 10g  | Fresh Coriander<br><i>rinse, pick &amp; roughly chop</i> |

## From Your Kitchen

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

**1. MAKE MINCE MEAT OF IT** Place a pan over medium-high heat with a drizzle of oil. When hot, add the diced onion and fry until soft, 4-5 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Caramelize until browned, 8-10 minutes (shifting occasionally).

**2. REDUCED = INCREASED FLAVOUR** When the mince is browned, add the NOMU rub to the pan and fry until fragrant, 1-2 minutes (shifting constantly). Lower the heat and pour in the cooked chopped tomato and 120ml of water. Bring to a simmer and cook until reduced and thickened, 10-12 minutes. In the final 1-2 minutes, stir through the peas. Add a sweetener and seasoning.

**3. READY THE ROTIS** Place a pan over medium heat. When hot, warm the rotis until heated through and lightly toasted, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave for 30-60 seconds.

**4. STACK 'EM UP** Top each roti with the tomato mince. Sprinkle over the chopped coriander and dive in, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 490kJ   |
| Energy             | 117kcal |
| Protein            | 7.2g    |
| Carbs              | 14g     |
| of which sugars    | 4g      |
| Fibre              | 2g      |
| Fat                | 3.6g    |
| of which saturated | 0.8g    |
| Sodium             | 226mg   |

## Allergens

Cow's Milk, Gluten, Allium, Wheat, Soy

Eat  
Within  
1 Day