



UCOOK

Saucy Indian-spiced Chicken

with warm cocktail rotis & peas

A mouthwatering dinner made with chicken drumsticks smothered in tomato passata, an Indian-spiced rub, pops of green peas & sprinkled with fresh coriander. We know you will want to enjoy every last bit, so we've added lightly toasted cocktail rotis to the recipe, so you can do just that. You're welcome, Chef!

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Kate Gomba

 ***NEW Simple & Save**

 **Alvi's Drift | Signature Viognier**

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Ingredients & Prep

8	Free-range Chicken Drumsticks
2	Onions <i>peeled & finely diced</i>
240g	Carrot <i>peeled (optional) rinsed, trimmed & diced</i>
60ml	NOMU Indian Rub
400ml	Tomato Passata
200g	Peas
15g	Fresh Coriander <i>rinsed & roughly chopped</i>
12	Cocktail Rotis

From Your Kitchen

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

1. DRUMROLL, PLEASE Pat the chicken drumsticks dry with paper towel and season. Place a pan over medium-high heat with a drizzle of oil. When hot, add the chicken drumsticks and fry for 2-3 minutes per side until golden brown but not cooked through. Remove from the pan and set aside.

2. IT'S FRY-YAY! Return the pan to a medium heat with a drizzle of oil, if necessary. When hot, add the diced onion and the diced carrot. Fry for 5-6 minutes until slightly softened, shifting occasionally.

3. BETTER TOGETHER When the onion & carrot are slightly softened, add the NOMU Rub to the pan and fry for 1-2 minutes until fragrant, shifting constantly. Pour in the tomato passata, 400ml of water, and the browned chicken. Bring to a boil, reduce the heat, and simmer for 12-15 minutes until slightly reduced and the chicken is cooked through, flipping the chicken halfway. In the final 3-5 minutes, add the peas and ½ the chopped coriander. Loosen with a splash of water if the sauce is too thick for your liking. Season with salt, pepper, and a sweetener.

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

5. SMELLS DELISH! Plate up the saucy Indian-spiced chicken. Side with the warmed rotis and sprinkle over the remaining coriander. Well done, Chef!

Nutritional Information

Per 100g

Energy	503kJ
Energy	120kcal
Protein	8.1g
Carbs	12g
of which sugars	4.1g
Fibre	2.3g
Fat	4.6g
of which saturated	1.1g
Sodium	275mg

Allergens

Gluten, Dairy, Allium, Wheat, Soy

Cook
within 3
Days