



# UCOOK

## Curried Chicken & Butternut

with crème fraîche & pumpkin seeds

Crispy, creamy and curry-fied. Those satisfying textures and tastes are all wrapped up in every bite of this tender-roasted chicken and butternut dish. By smothering these well-known ingredients in a creamy curried sauce, it makes for a whole new dinner experience. Let's get cooking, Chef!

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**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People


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**Chef:** Megan Bure

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 Carb Conscious

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 Creation Wines | Creation Viognier

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## Ingredients & Prep

2	Free-range Chicken Leg Quarters
500g	Butternut Chunks <i>cut into bite-sized pieces</i>
30g	Pumpkin Seeds
60ml	Low Fat Plain Yoghurt
60ml	Crème Fraîche
10ml	Medium Curry Powder
20ml	Dijon Mustard
1	Red Bell Pepper <i>rinsed, deseeded &amp; cut into strips</i>
200g	Cabbage <i>thinly sliced</i>

## From Your Kitchen

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

**1. DON'T BE CHICKEN, CHEF!** Preheat the oven to 200°C. Place the chicken leg quarters and the butternut pieces on a deep roasting tray. Pat dry with paper towel. Coat in oil and season. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy, shifting halfway.

**2. POP THE PUMPKIN SEEDS** Place the pumpkin seeds in a pan over medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan and set aside to cool.

**3. SPICE IT UP** In a bowl, combine the yoghurt, the crème fraîche, the curry powder, the mustard, 100ml of warm water, and seasoning.

**4. CREAMY CHICKEN** When the chicken has 15-20 minutes remaining, scatter over the sliced peppers, and pour the crème fraîche mixture over the tray. Roast for the remaining time.

**5. COMPLETE THE CABBAGE** Place the sliced cabbage in a bowl. Add a drizzle of olive oil and season. Toss until coated.

**6. ENJOY EVERY BITE** Make a bed of dressed cabbage. Top with the creamy curried roast and scatter over the toasted pumpkin seeds. There you have it!

## Nutritional Information

Per 100g

Energy	455kj
Energy	109kcal
Protein	7.2g
Carbs	6g
of which sugars	2.1g
Fibre	1.7g
Fat	6g
of which saturated	2.3g
Sodium	52mg

## Allergens

Gluten, Dairy, Wheat, Sulphites

Cook  
within 2  
Days