Eat Within 3 Days

UCOOK

Chutney Chicken Curry

with almonds & fresh parsley

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Piekenierskloof | Grenache blanc 2024

Nutritional Info	Per 100g	Per Portion
Energy	756kJ	3786kJ
Energy	181kcal	905kcal
Protein	9.2g	46.2g
Carbs	22g	109g
of which sugars	5.4g	26.9g
Fibre	1.3g	6.3g
Fat	5.9g	29.3g
of which saturated	2.4g	12.1g
Sodium	75mg	316mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: Hot

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Jasmine Rice *rinse*
10g	20g	Almonds
150g	300g	Free-range Chicken Mini Fillets
1	1	Onion *peel & roughly dice*
15ml	30ml	Spice & All Things Nice Durban Curry Paste
30ml	60ml	Mrs Ball's Chutney
50ml	100ml	Crème Fraîche
3g	5g	Fresh Parsley *rinse, pick & roughly chop*

From Your Kitchen

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

1. READY THE RICE Place the rice in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. CRUNCH FACTOR Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. FRY FOR FLAVOUR Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

4. CHUTNEY, CHICKEN & CURRY Return the pan to medium heat with a drizzle of oil. Fry the onion until golden, 4-5 minutes (shifting occasionally). Add in the curry paste (to taste) and fry until fragrant, 30-60 seconds (shifting constantly). Mix in the chutney and cooked chicken and remove from the heat. Stir through the crème fraîche and seasoning. Loosen with water to desired consistency.

5. DELICIOUS Plate up the steaming rice with the chicken curry. Top with the almonds and garnish with the parsley.