



UCCOOK

Masala Chicken Cottage Pie

with a charred patty pan & baby marrow salad

Hands-on Time: 50 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	246kj	2061kj
Energy	59kcal	493kcal
Protein	5.3g	44.7g
Carbs	5g	43g
of which sugars	2g	18g
Fibre	2g	15g
Fat	1.5g	12.9g
of which saturated	0.9g	7.2g
Sodium	41.6mg	349mg

Allergens: Allium, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Gem Squash
150g	300g	Free-range Chicken Mini Fillets
1	1	Onion <i>peel & roughly dice ½ [1]</i>
10ml	20ml	Spice & All Things Nice Tikka Curry Paste
10g	20g	Fresh Ginger <i>peel & grate</i>
1	1	Garlic Clove <i>peel & grate</i>
150ml	300ml	Tomato & Coconut Base <i>(100ml [200ml] Cooked Chopped Tomato & 50ml [100ml] Coconut Milk)</i>
1	1	Spring Onion <i>rinse, trim & finely slice</i>
100g	200g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces</i>
60g	120g	Patty Pans <i>rinse, trim & cut into bite-sized pieces</i>
20g	40g	Green Leaves <i>rinse</i>
20g	40g	Piquanté Peppers <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey

1. **GEM SQUASH** Preheat the oven to 200°C. Place the gem squash in a pot, submerge in water, and place over high heat. Once boiling, cook until easily pierced through with a knife, 20-25 minutes. Remove from the pot and cut in half. Scoop out the seeds and discard, then scoop out the flesh and place in a bowl. Season and mash with a fork until smooth.

2. **GOLDEN CHICKEN** Place a pan over medium heat with a small drizzle of oil. Pat the chicken dry with paper towel. Fry the chicken until golden and cooked through, 1-2 minutes per side. Alternatively, season and air fry at 200°C until cooked through, 5-8 minutes (shifting halfway). Remove from the pan, season, and set aside.

3. **COCO-TOMATO CURRY CHICKEN** Return the pan to medium heat with a drizzle of oil (if necessary). Fry the onion until golden, 4-5 minutes (shifting occasionally). Add the curry paste, the ginger, the garlic and fry until fragrant, 30-60 seconds (shifting constantly). Pour in the tomato & coconut base along with 50ml [100ml] of water and a sweetener (to taste). Simmer until reduced and slightly thickening, 8-10 minutes (shifting occasionally). Mix through the cooked chicken, and seasoning.

4. **INTO THE OVEN** Place the saucy chicken mixture into an ovenproof dish and cover with a layer of the gem squash mash. Place in the oven and bake until golden, 6-7 minutes.

5. **VEGGIE OVERLOAD** Place a clean pan over medium-high heat with a drizzle of oil. Fry the spring onion until soft, 1-2 minutes (shifting occasionally). Add the baby marrows and patty pans and fry until charred, 4-5 minutes. Remove from the heat and season. In a separate bowl, combine the green leaves, the peppers, and seasoning. Toss through the charred marrows and patty pans before serving.

6. **A GREAT PLATE** Plate up the generous chicken pie and serve the charred marrow and patty pan salad alongside.