



UCOOK

Painted Wolf's Chicken Tikka Masala

with a grated carrot & tomato salad

This recipe is the definition of clever cooking, Chef! We turn soft brioche buns into bowls, by hollowing it out and filling to the brim with warm chicken tikka masala, featuring Spice & All Things Nice Tikka Curry Paste and rich tomato passata. Finished with dollops of cooling yoghurt. These bread bowls will be your new favourite way to plate.

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Painted Wolf Wines

Adventurous Foodie

Painted Wolf Wines | The Den Chenin Blanc

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Ingredients & Prep

| | |
|-------|--|
| 300g | Free-range Chicken Mini Fillets |
| 1 | Onion <i>peel & finely dice</i> |
| 20g | Fresh Ginger <i>peel & grate</i> |
| 1 | Garlic Clove <i>peel & grate</i> |
| 60ml | Spice & All Things Nice Tikka Curry Paste |
| 300ml | Tomato Passata |
| 1 | Tomato <i>rinse & roughly dice</i> |
| 240g | Carrot <i>rinse, trim, peel & grate</i> |
| 5g | Fresh Coriander <i>rinse, pick & roughly chop</i> |
| 30g | Golden Sultanas |
| 4 | Burger Buns |
| 100ml | Greek Yoghurt |

From Your Kitchen

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

1. COOK THE CHICKEN Place a pan over 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, cut into chunks, and set aside.

2. MAKE THE BASE Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the grated ginger, the grated garlic and the curry paste and fry until fragrant, 30 seconds - 1 minute (shifting constantly). Pour in the passata and 300ml of water and simmer until slightly reduced, 10-12 minutes (stirring occasionally). In the final 1-2 minutes, mix through the cooked chicken and all the resting juices. Add a sweetener (to taste), season and remove from the heat.

3. TOMATO & SULTANA SALAD In a bowl, add the diced tomato, the grated carrot, ½ the chopped coriander, ½ the sultanas, a drizzle of olive oil and seasoning. Set aside.

4. BREAD BOWL Microwave the buns until soft, 10-15 seconds. Place the buns down on a board and cut a circle into the tops, 2cm from the edges. Using your hands, pull out the bread from within the circle you've cut until hollowed out. Reserve the removed bread for dipping.

5. TIME FOR TASTY TIKKA MASALA Plate up the hollowed out buns and generously fill with the chicken tikka masala, top with some of the fresh carrot & tomato salad and a dollop of yoghurt. Serve any remaining curry and salad on the side with the reserved removed bread for dipping. Finish it all with the remaining chopped coriander and sultanas.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 445kj |
| Energy | 107kcal |
| Protein | 6.7g |
| Carbs | 15g |
| of which sugars | 4.4g |
| Fibre | 2.2g |
| Fat | 1.4g |
| of which saturated | 0.4g |
| Sodium | 83mg |

Allergens

Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites

Eat
Within
3 Days