



UCCOOK

Balti Chicken Curry

with white basmati rice

Get ready to spice up your weeknight dinners, Chef! Chicken pieces are marinated in a spicy curry paste and cooked until juicy & tender. The curry is made with onion & carrot, grated garlic, and cooked chopped tomato, all simmered together to create a rich sauce. Served on a bed of rice.

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Thea Richter

 ***NEW Simple & Save**

 **Simonsig | Gewürztraminer**

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Ingredients & Prep

225ml	White Basmati Rice <i>rinsed</i>
60ml	Spice & All Things Nice Balti Curry Paste
3	Free-range Chicken Breasts <i>cut into bite-sized pieces</i>
2	Onions <i>1½ peeled & finely diced</i>
360g	Carrot <i>rinsed, trimmed & finely diced</i>
2	Garlic Cloves <i>peeled & grated</i>
300g	Cooked Chopped Tomato

From Your Kitchen

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

1. GET THE RICE GOING Place the rinsed rice in a pot with 450ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff up with a fork and cover.

2. MARINATING... In a bowl, combine ½ a tsp of curry paste and a drizzle of oil. Pat the chicken pieces dry with paper towel, and add to the bowl. Toss until coated, season, and set aside to marinate.

3. THE CURRY BASE Place a pot, for the curry, over medium heat with a drizzle of oil. When hot, fry the diced onion and the diced carrot until browned, 5-6 minutes. Add the grated garlic and the remaining curry paste (to taste). Fry until fragrant, 1-2 minutes (shifting constantly). Stir in the cooked chopped tomato and 200ml of water. Bring to a simmer, pop on a lid, and cook until thickened, 12-15 minutes (stirring occasionally).

4. FINISH OFF STRONG Once the sauce has thickened, stir through the chicken pieces. Replace the lid and simmer until the chicken is cooked through, for 4-5 minutes (stirring halfway). Add seasoning and a sweetener. Remove from the heat.

5. GRUB'S UP! Make a bed of basmati rice and smother in the balti chicken curry. Nice work, Chef!

Nutritional Information

Per 100g

Energy	442kj
Energy	106kcal
Protein	8.2g
Carbs	15g
of which sugars	2.5g
Fibre	1.4g
Fat	1.3g
of which saturated	0.2g
Sodium	131mg

Allergens

Allium, Sulphites

Cook
within 3
Days