UCOOK

Butter Chicken Flatbread

with a tomato sambal & Greek yoghurt

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Fan Faves: Serves 3 & 4

Chef: Lauren Nel

Wine Pairing: Nitída | Riesling

Nutritional Info	Per 100g	Per Portion
Energy	531kJ	3772kJ
Energy	127kcal	903kcal
Protein	7.7g	54.8g
Carbs	11g	81g
of which sugars	2.6g	18.5g
Fibre	1.1g	8.1g
Fat	5.2g	36.6g
of which saturated	2.1g	15.2g
Sodium	170mg	1211mg

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

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Free-range Chicken Mini Fillets
2	2	Onions *peel & finely dice 1½ [2]*
45ml	60ml	Spice & All Things Nice Indian Butter Chicken Curry Paste
3	4	Garlic Cloves *peel & grate*
150ml	200ml	Tomato Passata
150ml	200ml	Fresh Cream
3	4	Naan Breads
45g	60g	Cashew Nuts
60g	80g	Pickled Onions *drain & roughly slice*
2	2	Tomatoes *rinse & roughly dice 1½ [2]*
8g	10g	Fresh Coriander *rinse, pick & finely chop*
150ml	200ml	Greek Yoghurt

From Your Kitchen

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

1. GOLDEN CHICKEN Place a pot over high heat with a drizzle of oil. Pat the chicken dry with paper towel and cut into bite-sized pieces. When hot, fry the chicken until golden but not cooked through, 2-3 minutes (shifting occasionally). Remove from the pot and set aside.

2. BUTTER CHICKEN Return the pot to medium heat with a drizzle of oil. Fry the onion until soft, 5-6 minutes (shifting occasionally). Add the curry paste and garlic and fry until fragrant, 2-3 minutes (shifting constantly). Add the tomato passata, cream, and a splash of water. Simmer until thickened, 7-8 minutes (stirring occasionally). In the final 2-3 minutes, mix in the chicken and simmer until cooked through and sauce is reduced. Remove from the heat, add a sweetener (to taste), and a seasoning.

3. TOAST Place a pan over medium heat. When hot, toast the naan until golden, 1-2 mintues per side.

4. NUTS Return the pan to medium heat and add the cashews. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

5. SAMBAL In a small bowl, combine the pickled onion, tomato, ½ the coriander, toss to combine, and season.

6. TIME TO DINE Load flatbreads with the butter chicken, add dollops of the yoghurt, and scatter the sambal over. Garnish with a sprinkle of coriander and cashews. Well done, Chef!