



# UCOOK

## Chicken Keema-style Curry

**with poppadoms, cauliflower & green beans**


A simple yet super tasty chicken curry! Chicken fillets are spiced and cooked until succulent and juicy, all whilst swimming in a rich tomato-based sauce dotted with crunchy green beans. As if this wasn't delicious enough, it is served over a bed of tender cauliflower rice and is sided with crisp poppadoms. If you look up "comfort food" in the dictionary, this is the dish you will find!

**Hands-On Time:** 35 minutes

**Overall Time:** 40 minutes

**Serves:** 3 People

**Chef:** Ella Nasser

 Carb Conscious

 Boschendal | Nicolas

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## Ingredients & Prep

1	Onion <i>¾ peeled &amp; finely diced</i>
450g	Free-range Chicken Mini Fillets
45ml	Curry Spice <i>(30ml NOMU Indian Rub &amp; 15ml NOMU Garam Masala Rub)</i>
300g	Cooked Chopped Tomato
15ml	Chicken Stock
240g	Green Beans <i>rinsed, trimmed &amp; halved</i>
600g	Cauliflower Florets
6	Poppadoms
12g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Grater (optional)  
Blender (optional)

**1. LET'S START!** Place a deep pan over a medium-high heat with a drizzle of oil. When hot, add the diced onion and fry 3-4 minutes, until soft and translucent, shifting occasionally. Add the chicken and the curry spice (to taste). Fry for 4-5 minutes until the chicken is browned and fragrant, shifting occasionally.

**2. FRAGRANT KEEMA** When the chicken is browned, add the cooked chopped tomato, 300ml of water, the chicken stock, and some seasoning to the pan. Mix until fully combined. Reduce the heat and leave to simmer for 15-20 minutes, stirring occasionally. In the final 3-5 minutes, add the halved green beans. On completion, most of the water from the curry should be evaporated.

**3. CAULI RICE** Grate the cauliflower florets using the medium-sized holes on a grater. Alternatively, use a blender or chop the cauliflower very finely with a knife. On completion, the cauliflower should look like rice. Transfer the cauli rice to a clean tea towel and squeeze out as much liquid as possible. Place a pan over a medium heat with a drizzle of oil. When hot, add the cauli rice and fry for 5-8 minutes until soft, shifting occasionally. Remove from the pan and season to taste.

**4. CRISPY POPPADOMS** When the curry has 5 minutes remaining, return the pan to a medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time for 30 seconds per side. As soon as the poppadom starts curling, use a spatula or tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up. Drain on paper towel.

**5. KEEMA CURRY MAGIC!** Plate up the cauliflower rice and side with the flavourful keema-style curry. Serve with the crispy poppadoms and sprinkle over the chopped coriander. A hug in a bowl!

## Nutritional Information

Per 100g

Energy	277kJ
Energy	66Kcal
Protein	7.2g
Carbs	7g
of which sugars	2.6g
Fibre	2.1g
Fat	1g
of which saturated	0.2g
Sodium	238mg

## Allergens

Allium, Sulphites

Cook  
within 2  
Days