



UCOOK

Balti Chicken Curry

with poppadoms & cashew nuts

In a silky coconut sauce bursting with bold curry paste & fragrant aromatics, you'll find tender marinated chicken pieces & chunks of sweet butternut. Topped off with toasted cashews for crunch and served with poppadoms for scooping.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Megan Bure

 Carb Conscious

 Paserene | Bright Chardonnay

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Ingredients & Prep

40ml	Spice & All Things Nice Balti Curry Paste
4	Free-range Chicken Pieces
20g	Cashew Nuts <i>roughly chopped</i>
1	Onion <i>peeled & finely diced</i>
240g	Carrot <i>rinsed, trimmed & cut into bite-sized pieces</i>
1	Garlic Clove <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & roughly chopped</i>
200g	Cooked Chopped Tomato
500g	Butternut <i>de-seeded, peeled (optional) & cut into bite-sized pieces</i>
200ml	Coconut Cream
40g	Spinach <i>rinsed & roughly shredded</i>
2	Poppadoms

From Your Kitchen

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

1. MARINATING In a bowl, combine 1 tsp of curry paste and a drizzle of oil. Pat the chicken pieces dry with paper towel, and toss through the curry paste mixture. Season, and set aside to marinate.

2. TOASTING Place the chopped cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. THE CURRY BASE Place a pot over medium heat with a drizzle of oil. When hot, fry the diced onion and carrot pieces until golden, 4-5 minutes (shifting occasionally). Add the grated garlic, the remaining curry paste (to taste) and the chopped chilli (to taste). Fry until fragrant, 30-60 seconds (shifting constantly). Stir in the cooked chopped tomato, the butternut pieces, the marinated chicken pieces, and 500ml of water. Cover and simmer until the butternut softens and the chicken is almost cooked through, 15-20 minutes (stirring occasionally.)

4. MAKE IT CREAMY Once the sauce has thickened, stir through the coconut cream. Cover and simmer, 6-7 minutes (stirring halfway). During the final 1-2 minutes, stir through the shredded spinach and cook until wilted. Season and remove from the heat.

5. POPPIN' POPPADOMS Return the pan to medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up. Alternatively, heat the poppadoms in the microwave until crispy, 20-30 seconds.

6. GRUB'S UP! Plate up the creamy balti chicken curry. Garnish with the toasted cashew nuts and any remaining chilli (to taste). Serve the crispy poppadoms on the side. Wow, Chef!

Nutritional Information

Per 100g

Energy	463kJ
Energy	111kcal
Protein	6.6g
Carbs	7g
of which sugars	2.6g
Fibre	1.4g
Fat	5.9g
of which saturated	2.7g
Sodium	106mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 3
Days