



UCOOK

Mouthwatering Madras Chicken

with kale & white basmati rice

On a bed of fluffy basmati rice rests beautifully golden, pan-fried chicken pieces that have been marinated in a buttermilk-mustard coating. Served with charred carrot & sautéed kale, all drizzled with a creamy, flavour-packed Madras sauce made from curry powder, apricot jam, and crème fraîche. Absolutely more-ish!

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Megan Bure

Fan Faves

Neil Ellis Wines | Neil Ellis Groenekloof Syrah

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Ingredients & Prep

300ml	White Basmati Rice <i>rinse</i>
8	Free-range Chicken Pieces
2	Onions <i>peel & finely dice</i>
200ml	Buttermilk
20ml	Dijon Mustard
480g	Carrot <i>trim, peel & cut into bite-sized pieces</i>
400g	Kale <i>rinse & roughly shred</i>
40ml	Medium Curry Powder
20ml	Chicken Stock
60ml	Vinegar & Jam <i>(20ml White Wine Vinegar & 40ml Apricot Jam)</i>
125ml	Crème Fraîche
10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. BASMATI RICE Place the rinsed rice in a pot with 600ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. MARINATION STATION Boil the kettle. Pat the chicken dry with paper towel and place into a bowl. Mix together with $\frac{1}{4}$ the diced onion, the buttermilk, the mustard, a drizzle of oil, and seasoning. Set aside to marinate.

3. CARROTS & KALE Place a pan (with a lid) over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the carrot pieces until starting to brown and soften, 5-8 minutes. Add the shredded kale, $\frac{1}{4}$ of the diced onion, and fry until soft, and wilted, 4-5 minutes. Remove from the pan, season, and cover.

4. CHARRED BROCCOLI Return the pan to medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the broccoli pieces until lightly charred, 5-6 minutes (shifting occasionally). Add a splash of water, cover, and simmer until al dente, 1-2 minutes. Remove from the pan, season, and add to the bowl of carrots. Set aside.

5. GOLDEN CHICKEN Return the pan to medium heat with a drizzle of oil. When hot, fry the marinated chicken on one side until browned, 4-6 minutes. Flip, cover, and fry until cooked through, 12-15 minutes. At the halfway mark, add a splash of water to the pan, cover, and cook for the remaining time. Remove from the pan and cover to keep warm.

6. MADRAS SAUCE Dilute the stock with 120ml of boiling water. While the chicken is cooking, place a clean pan over medium-high heat with a drizzle of oil. When hot, fry the remaining diced onion and the curry powder (to taste) until golden, 6-7 minutes (shifting occasionally). Stir in the diluted stock and the vinegar & jam mixture, and simmer until reduced and slightly thickened, 6-8 minutes (stirring occasionally). Remove from the heat and mix through the crème fraîche and seasoning. Add a splash of milk (optional) or water if the sauce is too thick.

7. PLATE IT UP! Serve up the steaming rice and top with the golden chicken pieces. Plate the charred carrot & kale on the side and drizzle over the creamy Madras sauce. Garnish it all with the chopped parsley. Tuck in, Chef!

Nutritional Information

Per 100g

Energy	547kJ
Energy	131kcal
Protein	8g
Carbs	13g
of which sugars	3g
Fibre	1.8g
Fat	5.5g
of which saturated	1.9g
Sodium	103mg

Allergens

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

Eat
Within
3 Days