



UCOOK

Creamy Chicken Korma

with coconut cream, brown basmati & a classic tomato sambal

The curry go-to you can't say no to! Succulent mini fillets poached in a creamy, coconut-based korma sauce. Thickened with almond flour for a hint of nuttiness, popping with fresh ginger and chilli, and filled with peas and soft baby tomatoes.

Hands-On Time: 45 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Alex Levett

 Health Nut

 Steenberg Vineyards | Semillon

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Ingredients & Prep

300ml	Brown Basmati Rice
30ml	Vegetable Stock
2	Onions <i>peeled & finely diced</i>
45g	Fresh Ginger <i>peeled & grated</i>
45ml	Spice & All Things Nice Korma Curry Paste
2	Fresh Chillies <i>deseeded & finely sliced</i>
75ml	Almond Flour
300g	Baby Tomatoes <i>quartered</i>
300ml	Coconut Cream
8g	Fresh Coriander <i>rinsed & roughly chopped</i>
450g	Free-range Chicken Mini Filletts
150g	Peas

From Your Kitchen

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

1. NUTTY BASMATI Rinse the rice and place in a pot with ½ of the stock. Submerge in 700ml of water and stir through. Place over a medium-high heat and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. Drain on completion if necessary and fluff up with a fork.

2. GET THAT SAUCE GOING Boil the kettle. Dilute the remaining stock with 175ml of boiling water. Place a pot for the curry over a medium heat with a drizzle of oil. When hot, fry ½ of the diced onion for 5-7 minutes until soft and translucent. Add in the grated ginger, then stir through the curry paste and sliced chilli (both to taste). Mix in the almond flour and ½ of the quartered baby tomatoes, and cook for 5-6 minutes, shifting regularly. Stir in the coconut cream and diluted stock until well combined. Bring to the boil, then reduce the heat and simmer for 6-7 minutes until thick and fragrant.

3. WHILE THE CURRY IS SIMMERING... Make the sambal! Place the remaining tomato and onion in a bowl with ¾ of the chopped coriander. Toss together with a drizzle of oil, some seasoning, and any remaining sliced chilli if you'd like. Set aside for serving.

4. BLEND UNTIL SILKY Once the sauce has finished simmering, pour into a blender and blend until smooth. Return to the pot and place over a medium heat. (If you don't have a blender, you can just leave the sauce chunky!)

5. TENDER, SAUCY CHICKEN Rinse the chicken to get rid of any residue from the packet and pat dry with paper towel. Submerge in the sauce and simmer for 7-8 minutes until cooked through, stirring occasionally. In the final 2 minutes, stir through the peas. On completion, season to taste with salt, pepper, and a sweetener of choice. Remove the pot from the heat.

6. YOUR FAVOURITE CREAMY CURRY Pile up the steamy rice and spoon over the chicken korma. Garnish with the remaining coriander and serve with the bright tomato sambal on the side. Off you go, Chef!

Nutritional Information

Per 100g

Energy	622kj
Energy	149Kcal
Protein	8.7g
Carbs	16g
of which sugars	1.7g
Fibre	2.5g
Fat	5.7g
of which saturated	2.9g
Sodium	205mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 3
Days