

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.

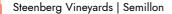
Hands-On Time: 45 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Alex Levett





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Ingredients	&	Prep
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300ml

2

45g

45ml

75ml

300ml

Water

Paper Towel

8g

Vegetable Stock 30ml

> Onions peeled & finely diced

Brown Basmati Rice

Fresh Ginger peeled & grated

Spice & All Things Nice Korma Curry Paste

Fresh Chillies 2 deseeded & finely sliced

Almond Flour

300g **Baby Tomatoes** quartered

Coconut Cream

Fresh Coriander rinsed & roughly chopped

450g Free-range Chicken Mini Fillets

150g Peas

From Your Kitchen

Oil (cooking, olive or coconut) Salt & Pepper

Sugar/Sweetener/Honey Blender (optional)

chunky!)

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 guartered 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

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

remaining tomato and onion in a bowl with 3/4 of the chopped coriander.

Toss together with a drizzle of oil, some seasoning, and any remaining

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

Energy Protein

Carbs of which sugars

Fibre

Sodium

Fat of which saturated

Allergens

Allium, Sulphites, Tree Nuts

Cook within 3 Days

622kl

8.7g

16g

1.7g

2.5g

5.7g

2.9g

205mg

149Kcal