



# UCOOK

## Creamy Chutney Chicken Curry

with sultanas & fresh parsley

The iconic Mrs Balls Chutney brings the South African flavour to this creamy chicken curry dish, featuring Spice & All Things Nice Durban Curry Paste for that special aromatic warmth, crème fraîche for creaminess, & sultanas for sweetness. Served with jasmine rice and garnished with fresh parsley.

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**Hands-on Time:** 35 minutes

**Overall Time:** 40 minutes

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**Serves:** 3 People

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**Chef:** Megan Bure

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Simple & Save

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Groote Post Winery | Groote Post Chenin Blanc

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## Ingredients & Prep

300ml	Jasmine Rice <i>rinse</i>
450g	Free-range Chicken Mini Fillets
2	Onions <i>peel &amp; roughly dice</i>
45ml	Spice & All Things Nice Durban Curry Paste
90ml	Mrs Ball's Chutney
125ml	Crème Fraîche
30g	Golden Sultanas <i>roughly chop</i>
8g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

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

**2. FRY THE CHICKEN** Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan, season, and set aside.

**3. CHUTNEY, CHICKEN & CURRY** Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 6-7 minutes (shifting occasionally). Add in the curry paste (to taste) and fry until fragrant, 30-60 seconds (shifting constantly). Mix in the chutney and cooked chicken and remove from the heat. Stir through the crème fraîche and seasoning. Loosen with water to desired consistency.

**4. DELICIOUS** Plate up the steaming rice with the chicken curry. Top with the chopped sultanas and garnish with the chopped parsley.

## Nutritional Information

Per 100g

Energy	703kJ
Energy	168kcal
Protein	9.1g
Carbs	22g
of which sugars	5.6g
Fibre	1g
Fat	4.3g
of which saturated	1g
Sodium	158mg

## Allergens

Cow's Milk, Allium, Sulphites

Eat  
Within  
3 Days