



UCOOK

Chinese Chicken Curry

with fluffy jasmine rice

On a bed of fragrant jasmine rice comes a generous serving of onion, carrot, peas, and golden chicken fillets, all covered in a mouthwatering sweet-soy sauce balanced with a hit of our special UCOOK oriental curry mix. Once the aromas start filling your kitchen, you will hurry with this curry, Chef!


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jason Johnson

 Simple & Save

 Waterkloof | False Bay Chenin Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

100g	Jasmine Rice <i>rinsed</i>
150g	Free-range Chicken Mini Fillets
10ml	Cornflour
1	Onion <i>½ peeled & roughly diced</i>
120g	Carrot <i>rinsed, trimmed, peeled & cut into bite-sized pieces</i>
20ml	Curry Mix <i>(10ml NOMU Oriental Rub & 10ml Medium Curry Powder)</i>
10ml	Low Sodium Soy Sauce
50g	Peas
3g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. FLUFFY RICE Place the rinsed rice in a pot with 200ml 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. GOLDEN CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel, cut into bite-sized pieces, and coat in the cornflour. When hot, fry the chicken until golden but not cooked through, 30-60 seconds per side. Remove from the pan, season, and set aside.

3. CURRY Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion and the carrot pieces until the onions are soft, 4-5 minutes. Add the curry mix and fry until fragrant, 1-2 minutes. Stir in 200ml of water and the soy sauce. Simmer until the carrots are cooked through, 8-10 minutes. Add the cooked chicken and the peas, and simmer until the chicken is cooked through, 3-4 minutes. Add a sweetener and season.

4. DINNER IS READY Make a bed of rice. Top with the chicken curry and all the sauce. Garnish with a sprinkle of the chopped coriander.

Nutritional Information

Per 100g

Energy	530kj
Energy	127kcal
Protein	8.9g
Carbs	19g
of which sugars	2.6g
Fibre	2.8g
Fat	1.4g
of which saturated	0.3g
Sodium	208mg

Allergens

Gluten, Allium, Sesame, Wheat, Soy

Cook
within 3
Days