



UCOOK

Curried Chicken & Butternut

with crème fraîche & pumpkin seeds

Crispy, creamy and curry-fied. Those satisfying textures and tastes are all wrapped up in every bite of this tender-roasted chicken and butternut dish. By smothering these well-known ingredients in a creamy curried sauce, it makes for a whole new dinner experience. Let's get cooking, Chef!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Creation Wines | Creation Viognier

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

Ingredients & Prep

1	Free-range Chicken Leg Quarter
250g	Butternut Chunks <i>cut into bite-sized pieces</i>
15g	Pumpkin Seeds
30ml	Low Fat Plain Yoghurt
30ml	Crème Fraîche
5ml	Medium Curry Powder
10ml	Dijon Mustard
1	Red Bell Pepper <i>½ rinsed, deseeded & cut into strips</i>
100g	Cabbage <i>thinly sliced</i>

From Your Kitchen

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

1. DON'T BE CHICKEN, CHEF! Preheat the oven to 200°C. Place the chicken leg quarter and the butternut pieces on a deep roasting tray. Pat dry with paper towel. Coat in oil and season. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy, shifting halfway.

2. POP THE PUMPKIN SEEDS Place the pumpkin seeds in a pan over medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan and set aside to cool.

3. SPICE IT UP In a bowl, combine the yoghurt, the crème fraîche, the curry powder, the mustard, 50ml of warm water, and seasoning.

4. CREAMY CHICKEN When the chicken has 15-20 minutes remaining, scatter over the sliced peppers, and pour the crème fraîche mixture over the tray. Roast for the remaining time.

5. COMPLETE THE CABBAGE Place the sliced cabbage in a bowl. Add a drizzle of olive oil and season. Toss until coated.

6. ENJOY EVERY BITE Make a bed of dressed cabbage. Top with the creamy curried roast and scatter over the toasted pumpkin seeds. There you have it!

Nutritional Information

Per 100g

Energy	455kJ
Energy	109kcal
Protein	7.2g
Carbs	6g
of which sugars	2.1g
Fibre	1.7g
Fat	6g
of which saturated	2.3g
Sodium	52mg

Allergens

Gluten, Dairy, Wheat, Sulphites

Cook
within 2
Days