



UCOOK

Chicken Tikka Masala

with fresh coriander & raita

This charred chicken tikka masala is one not to be missed. The chicken breast is poached in a silky tomato coconut tikka masala sauce and charred on a hot grill pan. Served on brown rice with a big dollop of cooling yoghurt raita. Finished off with a sprinkling of coriander. Perfection!

Hands-On Time: 40 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Herman Lensing

♥ Health Nut

🍷 Fat Bastard | The Golden Reserve

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Ingredients & Prep

300ml	Brown Basmati Rice
4	Free-range Chicken Breasts
2	Onions <i>peeled & finely diced</i>
4	Garlic Cloves <i>peeled & grated</i>
40ml	NOMU Tandoori Rub
400ml	Coconut Milk
500ml	Tomato Passata
240g	Butter Beans <i>drained & rinsed</i>
15g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
80g	Salad Leaves <i>rinsed</i>
170ml	Raita

From Your Kitchen

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

1. BOUNCY RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 800ml of salted water 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 steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. CHEEKY CHICKEN Pat the chicken breasts dry with paper towel and place on a chopping board, use a sharp knife to slice into one side of the breast, starting at the thicker end and ending at the thin point. Cut all the way through to create two pieces.

3. START THE SAUCE Place a large pot over a medium heat with a drizzle of oil. When hot, fry the diced onion for 6-8 minutes until soft and translucent, shifting occasionally. Add the grated garlic and the rub (to taste) and fry for 1 minute until fragrant, shifting constantly. Mix in the coconut milk and the tomato passata. Reduce the heat and add the chicken pieces to the sauce. Leave to simmer for 6-7 minutes, flipping the chicken pieces halfway. Add some water if the sauce reduces too quickly. On completion, the sauce should be slightly thickened and the chicken cooked through. Remove from the heat.

4. CHAR THE CHICKEN Place a nonstick pan or a griddle pan over a high heat. Once hot, carefully remove the chicken breasts from the sauce and place in the pan. Char for 2-3 minutes per side. Remove from the heat on completion and allow to rest for 5 minutes before slicing. Lightly season the slices.

5. FINISH THE SAUCE Place the curry sauce back on a medium heat. Stir through the drained butter beans, ½ of the chopped coriander and 60g of butter. Season with salt, pepper and a sweetener of choice. In a salad bowl, toss the rinsed green leaves with some olive oil and seasoning.

6. WOWZERS! Dish up your brown rice and pour over the tikka masala sauce. Top with the charred chicken slices and dollop on the raita. Side with the dressed leaves and garnish with the remaining coriander. Tuck in!

Nutritional Information

Per 100g

Energy	505kj
Energy	121Kcal
Protein	8.5g
Carbs	16g
of which sugars	3.5g
Fibre	2.5g
Fat	3.3g
of which saturated	2.1g
Sodium	142mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days