



# UCCOOK

## Butter Chicken Mince Curry

with fresh coriander, naan bread, & fluffy rice

**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Morgan Otten

**Wine Pairing:** Nitída | Calligraphy Bordeaux blend

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 753kJ    | 3557kJ      |
| Energy             | 180kcal  | 851kcal     |
| Protein            | 7.8g     | 37g         |
| Carbs              | 13g      | 61g         |
| of which sugars    | 2.3g     | 10.7g       |
| Fibre              | 0.9g     | 4.4g        |
| Fat                | 10.6g    | 50.1g       |
| of which saturated | 5.3g     | 25.1g       |
| Sodium             | 146mg    | 688mg       |

**Allergens:** Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** Mild

Eat Within 1 Day

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                                                                                            |
|----------|------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 100ml    | 200ml      | White Basmati Rice<br><i>rinse</i>                                                                                                                         |
| 75g      | 75g        | Diced Onion                                                                                                                                                |
| 150g     | 300g       | Free-range Chicken Mince                                                                                                                                   |
| 1        | 1          | Garlic Clove<br><i>peel &amp; grate</i>                                                                                                                    |
| 5ml      | 10ml       | Ground Ginger                                                                                                                                              |
| 20ml     | 40ml       | Butter Chicken Spice<br><i>(10ml [20ml] NOMU Garam Masala Rub, 2.5ml [5ml] Ground Turmeric, 5ml [10ml] Ground Coriander &amp; 2.5ml [5ml] Cumin Seeds)</i> |
| 100ml    | 200ml      | Tomato Passata                                                                                                                                             |
| 100ml    | 200ml      | Fresh Cream                                                                                                                                                |
| 1        | 2          | Naan Bread/s                                                                                                                                               |
| 1        | 1          | Tomato<br><i>rinse &amp; roughly dice</i>                                                                                                                  |
| 3g       | 5g         | Fresh Coriander<br><i>rinse, pick &amp; roughly chop</i>                                                                                                   |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Sugar/Sweetener/Honey

**1. RICE** Place the rice in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. CREAMY BUTTER SAUCE** Place a pot over medium heat with a drizzle of oil. When hot, fry  $\frac{3}{4}$  of the onion until soft, 3-4 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until lightly golden, 1-2 minutes (shifting occasionally). Add the garlic, the ginger, and the butter chicken spice. Fry until fragrant, 1-2 minutes (shifting constantly). Add the tomato passata, the cream, and 50ml [100ml] of water. Bring to a simmer and cook until thickened, 10-12 minutes (stirring occasionally). Loosen with a splash of water if necessary. Add a sweetener (to taste) and season.

**3. SOMEBODY SAY SAMBAL?** Place a pan over medium heat. When hot, toast the naan until golden, 1-2 minutes per side. In a small bowl, combine the tomato,  $\frac{1}{2}$  the coriander, the remaining onion (to taste), a drizzle of olive oil, and seasoning.

**4. WARM UP THE BELLY** Make a bed of rice and top with the creamy butter chicken mince. Side with the naan bread, the sambal, and garnish with the remaining coriander.