



UCCOOK

Coconut Chicken Curry

with roasted butternut & bell pepper

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	293kJ	1908kJ
Energy	70kcal	456kcal
Protein	6.2g	40.3g
Carbs	5g	36g
of which sugars	2g	14g
Fibre	1g	8g
Fat	2.6g	17g
of which saturated	1.9g	12.3g
Sodium	107mg	701mg

Allergens: Sulphites, Shellfish, Fish, Gluten, Wheat, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Butternut Chunks
150g	300g	Free-range Chicken Mini Fillets
1	1	Bell Pepper <i>rinse, deseed & dice ½ [1]</i>
1	1	Onion <i>peel & roughly dice ½ [1]</i>
10ml	20ml	Curry Powder <i>(5ml [10ml] Curry Powder & 5ml [10ml] Garam Masala)</i>
100g	200g	Cooked Chopped Tomato
3g	5g	Fresh Coriander <i>rinse & roughly chop</i>
5ml	10ml	Fish Sauce
100ml	200ml	Coconut Milk LITE

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Paper Towel
Water

1. ROAST BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Lightly coat in cooking spray and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. FRY THE CHICKEN Place a pan over medium heat and lightly add cooking spray. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

3. CURRY-LICIOUS Return the pan to medium heat. Fry the pepper until slightly charred, 2-3 minutes, shifting as it colours. Remove from the pan and set aside. Fry the onion until golden, 4-5 minutes (shifting occasionally). Add the curry powder and fry until fragrant, 1-2 minutes (shifting occasionally). Add the cooked chopped tomato, ½ the coriander, the fish sauce and 50ml [100ml] of water. Simmer until thickening, 8-10 minutes (shifting occasionally).

4. CREAMY COCONUT MILK Add the chicken back to the pan along with the coconut milk and the pepper and allow to cook through, 3-5 minutes (shifting occasionally). Remove the curry from the heat, mix through the butternut, and season.

5. SAVOUR THE FLAVOUR Bowl up this warm and rich curry, and garnish with the remaining coriander. And there you have it, dinner is ready, Chef!