



# UCCOOK

## Cape Malay Chicken Curry

with crispy poppadoms

**Hands-on Time:** 50 minutes

**Overall Time:** 70 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Nitída | Riesling

### Nutritional Info

	Per 100g	Per Portion
Energy	590kJ	4932kJ
Energy	141kcal	1180kcal
Protein	7.8g	65.4g
Carbs	15g	128g
of which sugars	2.5g	20.9g
Fibre	1.2g	10g
Fat	5.3g	44.6g
of which saturated	2.3g	19.1g
Sodium	111mg	930mg

**Allergens:** Gluten, Allium, Wheat, Sulphites

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	White Basmati Rice <i>rinse</i>
7,5ml	10ml	Ground Turmeric
6	8	Free-range Chicken Pieces
2	2	Onions <i>peel &amp; roughly dice</i>
90ml	125ml	Tomato Paste
45ml	60ml	Spice & All Things Nice Cape Malay Curry Paste
300g	400g	Baby Potatoes <i>rinse &amp; cut into quarters</i>
300g	400g	Cooked Chopped Tomato
300ml	400ml	Coconut Milk
3	4	Poppadoms
15g	20g	Crispy Onion Bits
8g	10g	Fresh Coriander <i>rinse &amp; pick</i>

## From Your Kitchen

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

**1. RICE** Place the rice and turmeric in a pot with 600ml [800ml] 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. CHICKEN** Place a pot over medium heat with a drizzle of oil. Pat the chicken dry with paper towel and season. When hot, fry the chicken until golden, 2-3 minutes per side. Add the onion and fry until soft and lightly golden, 6-8 minutes (shifting occasionally). Mix in the tomato paste, the potatoes, and the curry paste and fry until fragrant, 4-5 minutes. Add the cooked chopped tomatoes and 600ml [800ml] of water. Simmer until thickened and the chicken is cooked through, 35-40 minutes. In the final 15-20 minutes, mix in the coconut milk. Remove from the heat, add a sweetener (to taste) and seasoning.

**3. CRISPY POPPS** Place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over. Keep flipping until golden and puffed up.

**4. DINNER IS READY** Dish up the rice in a bowl, spoon over the chicken curry and side with the crispy poppadoms. Sprinkle over the crispy onions, and garnish with the coriander. Lekker eet, Chef!s

**Chef's Tip** Simmer low and slow (Let the pot tell the story - Cape Malay curry needs time for the curry paste to settle and become one voice).