



# UCCOOK

## Tandoori Chicken Traybake

with charred pineapple & coriander yoghurt

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Sarah Hewitt

**Wine Pairing:** Delheim Wines | Delheim Gewürztraminer

Nutritional Info	Per 100g	Per Portion
Energy	641kJ	4749kJ
Energy	153kcal	1136kcal
Protein	9.9g	73.5g
Carbs	17g	126g
of which sugars	4g	29.5g
Fibre	2g	15.1g
Fat	4.8g	35.9g
of which saturated	1.3g	9.6g
Sodium	99mg	733mg

**Allergens:** Cow's Milk, Allium, Sulphites

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1		[Serves 2]
100g	100g	Leeks <i>cut in half, rinse thoroughly &amp; roughly slice ½ [all]</i>
20ml	40ml	Dijon & Vinegar <i>(5ml [10ml] Dijon Mustard &amp; 15ml [30ml] White Wine Vinegar)</i>
1	1	Garlic Clove
10g	20g	Fresh Ginger
25ml	50ml	Tandoori Spice Blend <i>(15ml [30ml] NOMU Indian Rub, 2,5ml [5ml] Dried Chilli Flakes, 5ml [10ml] Sugar &amp; 2,5ml [5ml] Ground Cinnamon)</i>
2	4	Free-range Chicken Pieces
75ml	150ml	White Basmati Rice <i>rinse</i>
120g	240g	Chickpeas <i>drain &amp; rinse</i>
100g	200g	Fresh Pineapple Rings
50ml	100ml	Greek Yoghurt
3g	5g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Blender  
Paper Towel

1. **SOME PREP** Preheat the oven to 200°C. Peel the garlic and ginger. Add the leeks, the dijon & vinegar, the garlic, the ginger, the tandoori spice blend, and 30ml [60ml] of oil to a blender. Pulse until a smooth paste.

2. **ROAST** Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Coat with ½ of the paste and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

3. **RICE** Place the rice in a pot with 150ml [300ml] 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.

4. **CHICKPEAS** Coat the chickpeas in oil, the remaining paste, and season. When the roast has 12-15 minutes to go, scatter the chickpeas over the roast and roast for the remaining time until crispy. Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

5. **CHARRED PINEAPPLE & SOME PREP** Place a pan or a grill pan over medium heat with a drizzle of oil. When hot, fry the pineapple rings until charred, 1-2 minutes per side. Remove and set aside. In a small bowl, combine the yoghurt with ½ of the coriander.

6. **TIME TO EAT** Dish up the rice, top with the roast and all the tray juices. Top with dollops of the coriander yoghurt, side with the charred pineapple and garnish with the remaining coriander. Dig in, Chef!