

QCOOK

Fragrant Butter Chicken

with a buttery naan bread & tomato sambal

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Fan Faves: Serves 1 & 2

Chef: Morgan Otten

Wine Pairing: Strandveld | First Sighting Sauvignon Blanc

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 578kJ | 4301kJ |
| Energy | 138kcal | 1029kcal |
| Protein | 7.5g | 55.6g |
| Carbs | 18g | 135g |
| of which sugars | 2.5g | 18.7g |
| Fibre | 1.6g | 11.7g |
| Fat | 3.7g | 27.7g |
| of which saturated | 1.4g | 10.6g |
| Sodium | 153mg | 1137mg |

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days



Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 150g | 300g | Free-range Chicken Mini Fillets |
| 20ml | 40ml | Spice & All Things Nice Indian Butter Chicken Curry Paste |
| 75ml | 150ml | White Basmati Rice <i>rinse</i> |
| 1 | 1 | Onion <i>peel & finely dice ½ [1]</i> |
| 1 | 1 | Garlic Clove |
| 20ml | 40ml | Butter Chicken Spice <i>(10ml [20ml] NOMU Garam Masala Rub, 2,5ml [5ml] Ground Turmeric, 5ml [10ml] Ground Coriander & 2,5ml [5ml] Cumin Seeds)</i> |
| 100ml | 200ml | Tomato Passata |
| 40ml | 80ml | Fresh Cream |
| 1 | 1 | Tomato |
| 1 | 2 | Naan Bread/s |

From Your Kitchen

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

1. TIME TO RICE AND SHINE! Pat the chicken dry with paper towel and cut into bite-sized pieces. Place the chicken in a bowl and toss with the curry paste. Season and set aside. Place the rice in a pot with 150ml [300ml] of salted water. Cover and bring to a boil. Simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. GET IT GOLDEN Place a pot over high heat with a drizzle of oil. When hot, fry the chicken until golden but not cooked through, 1-2 minutes (shifting occasionally). Remove from the pot and set aside.

3. COOK THE CURRY BASE Peel and grate the garlic and ginger. Return the pot to medium heat with a drizzle of oil. Fry ¾ of the onion until soft, 3-4 minutes (shifting occasionally). Add the garlic and the butter chicken curry spice. Fry until fragrant, 1-2 minutes (shifting constantly). Add the tomato passata and 200ml [400ml] of water. Simmer until thickened, 12-15 minutes (stirring occasionally).

4. A DREAMY CREAMY SAUCE Once the sauce has thickened, stir through the cream and simmer until starting to thicken, 5-6 [6-7] minutes. In the final 1-2 minutes, add the fried chicken pieces. Loosen with a splash of water, if necessary. Add a sweetener (to taste) and season.

5. SOMEBODY SAY SAMBAL? Rinse and roughly dice the tomato. In a small bowl, combine the tomato, the remaining onion (to taste), a drizzle of olive oil, and seasoning.

6. NAAN COMPARE TO THIS Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, toast the naan bread/s until golden brown, 1-2 minutes per side. Cut into quarters.

7. WARM UP THE BELLY Bowl up the curry and side with the rice, the sambal, and the golden naan/s.