

# UCCOOK

## Mouthwatering Madras Chicken

with crispy kale

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Megan Bure

**Wine Pairing:** Paul Cluver | Village Chardonnay

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 379kj    | 3145kj      |
| Energy             | 91kcal   | 752kcal     |
| Protein            | 6.2g     | 51g         |
| Carbs              | 12g      | 99g         |
| of which sugars    | 2.6g     | 21.6g       |
| Fibre              | 1.8g     | 15.2g       |
| Fat                | 2.2g     | 18.1g       |
| of which saturated | 0.9g     | 7.8g        |
| Sodium             | 89mg     | 735mg       |

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

**Spice Level:** Mild

Eat Within 3 Days



## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |  |
|----------|------------|--|
| 225ml    | 300ml      | White Basmati Rice<br><i>rinse</i>   |
| 2        | 2          | Onions<br><i>peel &amp; finely dice 1½ [2]</i>                                   |
| 150ml    | 200ml      | Buttermilk   |
| 15ml     | 20ml       | Dijon Mustard  |
| 2        | 2          | Bell Peppers<br><i>rinse, deseed &amp; cut 1½ [2]<br/>into bite-sized pieces</i> |
| 300g     | 400g       | Kale<br><i>rinse</i>   |
| 3        | 4          | Free-range Chicken Breasts   |
| 30ml     | 40ml       | Medium Curry Powder  |
| 15ml     | 20ml       | Chicken Stock  |
| 15ml     | 20ml       | White Wine Vinegar   |
| 30ml     | 40ml       | Apricot Jam  |
| 75ml     | 100ml      | Crème Fraîche  |
| 8g       | 10g        | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i>                           |

## From Your Kitchen

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

**1. BASMATI RICE** Preheat the oven to 200°C. Place the rice in a pot with 450ml [600ml] of salted water. Cover 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. BUTTERMILK BASTING** Boil the kettle. In a bowl, combine a ¼ of the onion, the buttermilk, the mustard, a drizzle of oil, and seasoning. Set aside.

**3. ROASTIN'** Spread the pepper on a roasting tray. Coat in oil and season. Roast in the hot oven until charred and softening, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 12-15 minutes (shifting halfway). Place the kale in a bowl with a drizzle of olive oil. Using your hands, gently massage until softened and coated. When the pepper has 10 minutes remaining, give the tray a shift and scatter over the dressed kale. Roast for the remaining time.

**4. GOLDEN CHICKEN** Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover, and fry until cooked through, 4-5 minutes. During the final 2-3 minutes, baste the chicken the buttermilk basting sauce. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**5. MADRAS SAUCE** Dilute the stock with 90ml [125ml] of boiling water. While the chicken is cooking, place a clean pan over medium-high heat with a drizzle of oil. When hot, add the remaining onion and the curry powder (to taste) and fry until golden, 6-7 minutes (shifting occasionally). Stir in the diluted stock and the vinegar and jam, and simmer until reduced and slightly thickened, 6-8 minutes (stirring occasionally). Remove from the heat and mix through the crème fraîche and seasoning. Add a splash of milk (optional) or water if the sauce is too thick.

**6. PLATE IT UP!** Serve up the steaming rice and top with the golden chicken. Plate the crispy kale and charred pepper on the side and drizzle over the creamy Madras sauce. Garnish it all with the parsley. Tuck in, Chef!