



UCCOOK

Mouthwatering Madras Chicken

with crispy kale

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Fan Faves: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	465.1kJ	4250.8kJ
Energy	111.3kcal	1016.9kcal
Protein	7g	63.6g
Carbs	10.9g	99.2g
of which sugars	2.6g	23.8g
Fibre	1.7g	15.2g
Fat	4.6g	42.2g
of which saturated	1.6g	14.4g
Sodium	86mg	786.3mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	White Basmati Rice <i>rinse</i>
6	8	Free-range Chicken Pieces
2	2	Onions <i>peel & finely dice 1½ [2]</i>
150ml	200ml	Buttermilk
15ml	20ml	Dijon Mustard
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into bite-sized pieces</i>
300g	400g	Kale <i>rinse</i>
15ml	20ml	Chicken Stock
30ml	40ml	Medium Curry Powder
45ml	60ml	Vinegar & Jam <i>(5ml [10ml] White Wine Vinegar & 10ml [20ml] Apricot Jam)</i>
75ml	100ml	Crème Fraîche
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water
Milk (optional)
Paper Towel
Butter

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. MARINATION STATION Boil the kettle. Pat the chicken dry with paper towel and place into a bowl. Mix together with ¼ of the onion, the buttermilk, the mustard, a drizzle of oil, and seasoning. Set aside to marinate.

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. Fry the chicken on one side until browned, 4-6 minutes. Flip, cover, and fry until cooked through, 12-15 minutes. At the halfway mark, add a splash of water to the pan, cover, and cook for the remaining time. Remove from the pan and cover to keep warm.

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 mixture, 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 pieces. 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!