



# U C O O K

— COOKING MADE EASY

## UPPER BLOEM'S CAPE MALAY CHICKEN

**with creamy curry sauce, charred bro-  
coli & caramelised seeds**

This homage to Cape Malay cuisine is a fusion of two of the first recipes my partner Henry and I offered when we opened Upper Bloem. With coconut cream, tender chicken breast, and fresh coriander, it's all about warmth, texture, and flavour.

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**Hands-On Time:** 20 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** André Hill

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 **Health Nut**

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## Ingredients & Prep

250g	Butternut rinsed & cut in half lengthways
150g	Broccoli Florets cut into bite-size pieces
15g	Pumpkin & Sunflower Seed Mix
10ml	Honey
2.5ml	NOMU African Rub
1	Onion one half peeled & roughly sliced
10ml	Spice and All Things Nice Cape Malay Curry Paste
200ml	Coconut Cream
1	Lemon one half cut into wedges
1	Free-Range Chicken Breast Skinless
4g	Fresh Coriander rinsed & picked

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Paper Towel  
Water

**1. ROAST VEG** Preheat the oven to 190°C. Deseed the butternut halves and cut into 1.5cm thick half-moons. Spread out on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and caramelised. At the halfway mark, flip the butternut half-moons over and add the broccoli pieces to the tray. Return to the oven for 10-15 minutes until the broccoli is slightly charred and cooked al dente.

**2. CARAMELISED SEEDS** Place a deep pan (that has a lid) over a medium heat. When hot, toast the seed mix for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and spread out on a roasting tray. In a bowl, combine the honey with 1 tsp of oil and the African Rub to taste. If the honey is too hard, pop it in the microwave for 5-10 seconds before combining. Pour the honey and spice mixture over the toasted seeds, season, and toss to coat. Pop in the oven for 5-6 minutes until caramelised, shifting halfway.

**3. PAR-COOK THE CHICKEN** Pat the chicken breast dry with some paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the chicken on one side for 2-3 minutes until that side is golden. (You do not need to cook the other side in this step.) Remove from the pan and set aside.

**4. CURRY SAUCE** Return the pan to a medium heat with another drizzle of oil. When hot, fry the sliced onion for 3-4 minutes until golden brown, shifting occasionally. Add the Cape Malay Curry Paste and fry for 30-60 seconds until fragrant. Pour in the coconut cream and stir through the paste and onions until well combined. Bring to a simmer and cook for 4-5 minutes until reduced and thickened, stirring occasionally.

**5. CURRY-POACHED CHICKEN** Once the sauce has thickened, add some seasoning and a squeeze of lemon juice to taste. Put the chicken back in the pan with the uncooked side facing down in the sauce. Pop on the lid and poach in the curry sauce for 8-10 minutes until cooked through and tender. Remove the pan from the heat on completion. Remove the chicken breast from the pan and slice into 4 pieces.

**6. UPPER BLOEM DELIGHT** Serve up a helping of vibrant roast veggies. Top with the slices of curried chicken breast and pour over the curry sauce. Garnish with the rinsed coriander leaves and the spicy, caramelised seeds and serve with a lemon wedge on the side. Perfection!



## Chef's Tip

The butternut skin adds flavour and nutrients, but can be removed if you prefer!

## Nutritional Information

Per 100g

Energy	448kj
Energy	107Kcal
Protein	5g
Carbs	9g
of which sugars	4g
Fibre	1g
Fat	5g
of which saturated	3g
Salt	0g

## Allergens

Allium, Sulphites

Cook  
within 3  
Days