



U COOK

Tandoori Chicken & Sambal

with roasted pumpkin mash & crispy poppadoms

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Strandveld | Pofadderbos Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	221kJ	2411kJ
Energy	53kcal	577kcal
Protein	4.9g	53.2g
Carbs	7g	71g
of which sugars	2.4g	26.3g
Fibre	1.5g	16.9g
Fat	0.8g	9.2g
of which saturated	0.3g	3.2g
Sodium	98mg	1072mg

Allergens: Cow's Milk, Allium

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	Serves 2	
200g	400g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
150g	300g	Free-range Chicken Mini Fillets
20ml	40ml	Tandoori Mix <i>(15ml [30ml] NOMU Indian Rub & 5ml [10ml] Smoked Paprika)</i>
10ml	20ml	Lemon Juice
1	1	Bell Pepper <i>rinse, deseed, dice 1/2 & slice 1/2</i>
1	1	Tomato <i>rinse & roughly dice 1/2 [1]</i>
50g	100g	Cucumber <i>rinse & roughly dice</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely chop</i>
3g	5g	Fresh Chives <i>rinse & roughly chop</i>
100ml	200ml	Low Fat Plain Yoghurt
1	1	Onion <i>peel & roughly slice 1/2 [1]</i>
2	4	Poppadoms

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Milk (optional)

Seasoning (salt & pepper)

1. PUMPKIN Preheat the oven to 200°C. Spread the pumpkin on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Place the pumpkin in a bowl with a knob of butter and a splash of water or milk. Mash with a fork and cover.

2. CHARRED CHICKEN Pat the chicken dry with paper towel. Place a grill pan or a pan over medium heat with a drizzle of oil. When hot, fry the chicken until lightly charred and cooked through, 1-2 minutes per side. In the final 30-60 seconds, baste with 1/2 the spice mix. Remove from the pan with all the pan juices and set aside.

3. SALSA In a bowl, combine the lemon juice, a drizzle of olive oil, and whisk to emulsify. Add the pepper, the tomato, the cucumber, the chilli (to taste), 1/2 the chives, seasoning, and toss to combine. Set aside in the fridge. Combine 1/4 of the yoghurt, the remaining chives, season and set aside.

4. MAKE IT SAUCY Return the pan, wiped if necessary, over medium heat with a drizzle of oil. When hot, fry the onion and peppers until golden, 4-5 minutes (shifting occasionally). Add the remaining spice mix and fry until fragrant, 30-60 seconds, (shifting constantly). Remove from the heat and mix through the remaining yoghurt and the chicken with the pan juices. Season and cover.

5. POPPADOMS Heat the poppadoms in the microwave until crispy, 20-30 seconds. Alternatively, place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over. Keep flipping until golden and puffed up.

6. DINNER IS READY Plate up the mash and top with the saucy chicken. Dollop over the herby yoghurt, side with the salsa, and the crispy poppadoms. Well done, Chef!