



UCOOK

Simple Thai-style Chicken Curry

with basmati rice

If the winter cold is getting under your skin, make this warming curry for dinner, Chef! Mild in heat, Thai flavours coat juicy chicken fillets & pops of sweet corn. Made extra creamy with crème fraîche, this flavourful curry is served with steamed basmati rice & toasted coconut flakes.


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Jade Summers

Simple & Save

 Grootte Post Winery | Grootte Post Chenin Blanc 2022

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Ingredients & Prep

225ml	White Basmati Rice <i>rinse</i>
30g	Coconut Flakes
450g	Free-range Chicken Mini Fillets
2	Onions <i>peel & roughly slice 1½</i>
15ml	NOMU Peri-peri Rub
45ml	Spice & All Things Nice Thai Red Curry Paste
120g	Corn
90ml	Crème Fraîche

From Your Kitchen

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

1. NICE RICE Place the rinsed rice in a pot with 450ml of salted water. Cover with a lid 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. TOASTED COCONUT Place the coconut flakes in a pan over medium heat. Toast until golden, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. GOLDEN CHICKEN Return the pan to high heat with a drizzle of oil. Pat the chicken dry with paper towel, and cut in half. When hot, fry the chicken until golden and cooked through, 1-2 (shifting occasionally). Remove from the pan, season, and set aside.

4. HURRY WITH THE CURRY Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until golden, 6-7 minutes (shifting occasionally). In the final minute, add the NOMU rub, and the curry paste (to taste). Fry until fragrant, 1-2 minutes. Add 450ml of water and simmer until reduced, 7-8 minutes. Add the golden chicken and the corn.

5. MAKE IT CREAMY Allow the chicken and corn to heat through before removing from the heat. Add the crème fraîche and seasoning.

6. TO-THAI-FOR DINNER Make a bed of the fluffy rice, top with the curry, and scatter over the toasted flakes. Enjoy!

Nutritional Information

Per 100g

Energy	662kJ
Energy	158kcal
Protein	9.8g
Carbs	18g
of which sugars	2.2g
Fibre	1.5g
Fat	4.8g
of which saturated	2.9g
Sodium	198mg

Allergens

Allium, Cow's Milk

Eat
Within
3 Days