



# UCCOOK

## Saucy Indian-spiced Chicken

with julienne carrots & toasted cocktail rotis

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Groote Post Winery | Groote Post Chenin Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	437kJ	2622kJ
Energy	104kcal	627kcal
Protein	8.7g	52.2g
Carbs	12g	72g
of which sugars	3.9g	23.3g
Fibre	2g	12.1g
Fat	2.2g	13.5g
of which saturated	0.4g	2.1g
Sodium	278.7mg	1673mg

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

**Spice Level:** Mild

Eat Within 2 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Chicken Mini Fillets
20ml	40ml	Spice & All Things Nice Cape Malay Curry Paste
75g	150g	Sliced Onions
15ml	30ml	NOMU Indian Rub
100ml	200ml	Tomato Passata
75g	150g	Julienne Carrots
50g	100g	Peas
3	6	Cocktail Rotis
50ml	100ml	Raita
5ml	10ml	Dried Chilli Flakes
3g	5g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

**1. CURRY CHICKEN** Pat the chicken dry with paper towel and place in a bowl. Mix in ¼ of the curry paste and season. Place a pan over medium heat with a drizzle of oil. When hot, fry the chicken until lightly charred but not cooked through, 30-60 seconds per side. Remove from the pan.

**2. SAUCE** Return the pan to medium heat with a drizzle of oil if necessary. Fry the onions until soft, 4-5 minutes. Add the NOMU rub and the remaining curry paste, fry until fragrant, 1-2 minutes. Mix in the tomato passata and 100ml [200ml] of water. Simmer until thickened, 12-15 minutes. In the final 2-3 minutes, mix in the julienne carrots, the chicken, and the peas. Remove from the heat, add a sweetener (to taste) and season.

**3. ROTIS** Place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

**4. DINNER IS READY** Plate up the saucy Indian-spiced chicken and top with dollops of the raita. Sprinkle over the chilli flakes (to taste) and garnish with the coriander. Side with the warmed rotis. Tuck in, Chef!