



UCCOOK

Butter Chicken Burger & Potato Fries

with raita & coriander

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Creation Wines | Creation Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	504kj	3817kj
Energy	121kcal	914kcal
Protein	6.4g	48.5g
Carbs	17g	128g
of which sugars	2.4g	18.3g
Fibre	1.6g	12.5g
Fat	2.9g	21.8g
of which saturated	1.4g	10.7g
Sodium	169mg	1284mg

Allergens: Cow's Milk, Soya, Egg, Gluten, Allium, Sesame, Wheat, Sulphites

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato
1	1	Onion <i>peel & finely dice ½ [1]</i>
1	1	Garlic Clove
10g	20g	Fresh Ginger
20ml	40ml	Butter Chicken Spice <i>(10ml [20ml] NOMU Indian Rub, 2,5ml [5ml] Ground Turmeric, 5ml [10ml] Ground Coriander & 2,5ml [5ml] Cumin Seeds)</i>
50ml	100ml	Tomato Passata
40ml	80ml	Fresh Cream
1	2	Crumbed Chicken Breast/s
1	2	Burger Bun/s
20g	40g	Green Leaves <i>rinse & roughly shred</i>
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
30ml	60ml	Raita

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)

1. CRISPY CHIPS Preheat the oven to 200°C. Rinse the potato and cut it into 1cm thick fries. Spread the potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. FRAGRANT BUTTER CHICKEN SAUCE Peel and grate the garlic and ginger. Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until soft, 3-4 minutes (shifting occasionally). Add the garlic, the ginger and the butter chicken spice. Fry until fragrant, 1-2 minutes (shifting constantly). Add the tomato passata, the cream and 50ml [100ml] of water and cook until thickened, 5-8 minutes (stirring occasionally). Loosen with a splash of water, if necessary. Add a sweetener (to taste) and seasoning.

3. CRUMBED CHICKEN Place a clean pan over medium heat with enough oil to cover the base. When hot, fry the crumbed chicken until browned, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season. Alternatively, air fry at 200°C until crispy and warmed through, 3-5 minutes.

4. TOASTY BUN Halve the burger bun/s, and spread butter or oil over the cut-side. Return the pan used for the chicken to medium heat. When hot, toast the bun/s, cut-side down, until golden, 1-2 minutes.

5. A FUSION OF FLAVOUR Lay down the bottom bun half, top with the crispy chicken and generously cover with the butter chicken sauce. Layer with the green leaves, the coriander and the raita. Smear with some sauce and close up with the other half of the bun. Pile the chips on the side with any remaining butter chicken sauce and raita for dipping. Scrumptious!