



UCCOOK

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: Creation Wines | Creation Sauvignon Blanc/Semillon

Nutritional Info

	Per 100g	Per Portion
Energy	205kJ	1637kJ
Energy	49kcal	392kcal
Protein	5.5g	44.3g
Carbs	5g	42g
of which sugars	2.3g	18.2g
Fibre	1.7g	13.6g
Fat	0.8g	6.5g
of which saturated	0.2g	1.7g
Sodium	74mg	595mg

Allergens: Cow's Milk, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
1	2	Free-range Chicken Breast/s
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 ½ & slice ½</i>
1	1	Tomato <i>rinse & roughly dice ½ [1]</i>
50g	100g	Cucumber <i>rinse & roughly dice</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely chop</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
100ml	200ml	Low Fat Plain Yoghurt
1	1	Onion <i>peel & roughly slice ½ [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 pieces 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 roasted 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 and cut into 1cm strips. 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 ½ 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 diced pepper, the tomato, the cucumber, the chilli (to taste), ½ the parsley, seasoning, and toss to combine. Set aside in the fridge. Combine ¼ of the yoghurt, the remaining parsley, season and set aside.

4. MAKE IT SAUCY Place a pan over medium heat with a drizzle of oil. When hot, fry the onion and sliced 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!