



UCCOOK

Curried Chicken & Sweet Potato

with bell pepper & coriander

Hands-on Time: 45 minutes

Overall Time: 60 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	281kj	2019kj
Energy	67kcal	482kcal
Protein	6.1g	43.7g
Carbs	8g	60g
of which sugars	3g	25g
Fibre	2g	12g
Fat	0.8g	6.1g
of which saturated	0.2g	1.7g
Sodium	94.4mg	678.7mg

Allergens: Cow's Milk, Gluten, Allium, Wheat

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
450g	600g	Free-range Chicken Mini Fillets
2	2	Onions <i>peel & finely slice 1½ [2]</i>
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into strips</i>
30ml	40ml	Curry & Spice Mix <i>(15ml [20ml] NOMU Cajun Rub & 15ml [20ml] Medium Curry Powder)</i>
30ml	40ml	Tomato Paste
300g	400g	Cooked Chopped Tomato
90ml	125ml	Low Fat Plain Yoghurt
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray

1. SWEET ON SWEET POTATO Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in cooking spray and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. GOLDEN CHICKEN Place a pan over medium heat and lightly add cooking spray. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan, season, and set aside.

3. CURRY VEGGIES Place a pan over medium heat and lightly add cooking spray. When hot, fry the onion and pepper until golden, 5-6 minutes (shifting occasionally). Add the curry & spice mix and the tomato paste and fry until fragrant, 30 seconds - 1 minute (shifting constantly). Add the chopped tomato and 450ml [600ml] of water and simmer until slightly reduced and thickened, 10-12 minutes (stirring occasionally).

4. HERBY YOGHURT In a small bowl, combine the yoghurt with ½ the coriander. Season and set aside.

5. ADD SOME SPICE When the sauce is done, add in the cooked chicken and sliced chilli (to taste). Season and remove from the heat.

6. WHAT A GREAT PLATE Plate up the golden sweet potato and top with the luscious chicken curry. Dollop over the herby yoghurt and garnish with the remaining coriander.