



UCOOK

Saucy Indian-spiced Chicken

with warm cocktail rotis & peas

A mouthwatering dinner made with chicken mini fillets smothered in tomato passata, an Indian-spiced rub, and pops of green peas. We know you will want to savour every last drop, so we've added lightly toasted cocktail rotis to scoop up all of that delectable sauce. You're welcome, Chef!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Simple & Save

 Waterford Estate | Waterford Rosemary Rosé

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Ingredients & Prep

150g	Free-range Chicken Mini Fillets
1	Onion <i>½ peeled & finely diced</i>
120g	Carrot <i>peeled (optional), rinsed, trimmed & diced</i>
10ml	NOMU Indian Rub
100ml	Tomato Passata
40g	Peas
3	Cocktail Rotis

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. GOLDEN CHICKEN Place a pan over high heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden but not cooked through, 30-60 seconds per side. Remove from the pan, season, and set aside.

2. ONIONS & CARROT Return the pan to medium heat with a drizzle of oil (if necessary). When hot, fry the diced onion & carrot until slightly softened, 4-5 minutes (shifting occasionally).

3. BETTER TOGETHER When the onion & carrot are slightly softened, add the NOMU rub to the pan and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the tomato passata and 100ml of water. Bring to a boil, reduce the heat, and simmer until slightly reduced, 10-12 minutes. In the final 2-3 minutes, add the peas and the golden chicken. Loosen with a splash of water if the sauce is too thick for your liking. Season and add a sweetener.

4. TOASTED 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.

5. SMELLS DELISH! Plate up the saucy Indian-spiced chicken. Side with the warmed rotis. Tuck in, Chef!

Nutritional Information

Per 100g

Energy	575kJ
Energy	137kcal
Protein	7.8g
Carbs	21g
of which sugars	5g
Fibre	2.5g
Fat	2.8g
of which saturated	0.5g
Sodium	316mg

Allergens

Gluten, Dairy, Allium, Wheat, Soy

Cook
within 3
Days