



# UCOOK

## Chicken Tikka Salad

**with sweet potato & baby tomatoes**

Every day is made up of various tasks we need to get done, but making dinner tonight will actually be a delight to tick off your 'to do' list, Chef! A bed of crispy greens is loaded with oven-toasted sweet potato, NOMU Indian Rub-spiced chicken, tangy tomato, & cooling cucumber. Drenched in a deliciously rich sweet buttermilk, ginger & tikka curry sauce.

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**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Jenna Peoples

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Quick & Easy

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Stettyn Wines | Stettyn Family Range Chenin Blanc

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## Ingredients & Prep

200g	Sweet Potato Chunks
40g	Salad Leaves
3g	Fresh Parsley
100g	Baby Tomatoes
100g	Cucumber
10g	Fresh Ginger
150g	Free-range Chicken Mini Fillets
5ml	NOMU Indian Rub
10ml	Spice & All Things Nice Tikka Curry Paste
50ml	Sweet Buttermilk <i>(45ml Buttermilk &amp; 5ml Honey)</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. SWEET POTATOES & PREP STEP** Coat the sweet potato chunks in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). While they are cooking, prep your salad. Rinse and roughly shred the salad leaves. Rinse and roughly chop the parsley. Rinse and halve the baby tomatoes and roughly dice the cucumber. Peel and grate the fresh ginger. Set aside.

**2. NOMU-SPICED CHICKEN** Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. In the final minute, baste with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices. Season and set aside.

**3. CREAMY CURRY SAUCE** Return the pan to medium heat with a drizzle of oil (if necessary). Fry the ginger and curry paste for 2-3 minutes, until fragrant. Remove the pan from the heat. To a bowl, add the sweet buttermilk. Whisk in the fried curry paste and chopped parsley through the sweet buttermilk and set aside.

**4. TASTY TIKKA-INSPIRED MEAL** Plate up the shredded salad leaves. Top with the sweet potato chunks, the halved tomatoes and the diced cucumber and the chicken strips. Drizzle over the tikka dressing and season if necessary. Dive in, Chef!



## Chef's Tip

Preheat the oven to 200°C. Spread the sweet potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	305kj
Energy	73kcal
Protein	6.4g
Carbs	7g
of which sugars	3.3g
Fibre	1.6g
Fat	1.3g
of which saturated	0.4g
Sodium	61mg

## Allergens

Cow's Milk, Allium, Sulphites

Eat  
Within  
3 Days