



# UCOOK

## Jalfrezi Chicken Curry & Poppy Seed Rice

with green beans, bell pepper & fresh coriander

Get that smooth, aromatic Jalfrezi chicken curry experience you've been craving. Loaded with green beans and bell peppers, flecked with fresh coriander, and paired with flavourful turmeric and poppy seed rice. This leaves for a dish that's as comforting as it is beautiful.

---

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

---

**Serves:** 3 People


---

**Chef:** Ella Nasser

---

 Fan Faves

---

 Leopard's Leap | Culinaria Pinot Noir Chardonnay

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

225ml	Jasmine Rice <i>rinsed</i>
15ml	Turmeric
30ml	Poppy Seeds
450g	Free-range Chicken Mini Fillets
45ml	Jalfrezi Curry Spice <i>(22,5ml NOMU Garam Masala Rub &amp; 22,5ml Ground Cumin)</i>
2	Onions <i>1½ peeled &amp; finely diced</i>
2	Red Bell Peppers <i>1½ rinsed, deseeded &amp; cut into bite-sized pieces</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
2	Fresh Chillies <i>deseeded &amp; finely chopped</i>
600g	Cooked Chopped Tomato
240g	Green Beans <i>rinsed, trimmed &amp; halved</i>
12g	Fresh Coriander <i>rinsed, picked &amp; finely chopped</i>

## From Your Kitchen

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

**1. RICE IT UP** Place the rinsed rice and turmeric in a pot over a medium-high heat. Submerge in 450ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Remove from the heat and steam with the lid on for 10 minutes until cooked. On completion, drain if necessary, toss through the poppy seeds and cover to keep warm until serving.

**2. MARINATION STATION** Rinse the chicken mini fillets, pat dry with paper towel, and place in a bowl. Add ½ the Jalfrezi curry spice, a drizzle of oil and seasoning. Toss until fully coated and set aside to marinate.

**3. THE CURRY BASE** Place a pot, large enough for the curry, over a medium heat with a drizzle of oil. When hot, add the diced onion and the pepper pieces, fry for 2-3 minutes until soft and translucent, shifting occasionally. Add the grated garlic, the chopped chilli (to taste) and the remaining Jalfrezi curry spice (to taste). Fry for 30-60 seconds until fragrant, shifting constantly. Pour in the cooked chopped tomato and 450ml of water. Mix until fully combined and bring to a simmer. Once simmering, pop on a lid and cook for 10-12 minutes until thickened, stirring occasionally.

**4. THINGS ARE ABOUT TO GET CREAMY...** Once the sauce has thickened, add the marinated chicken pieces. Replace the lid and simmer for 4-5 minutes until the chicken is cooked through. During the final minute, add the halved green beans. Season with a sweetener of choice (to taste), ½ the chopped coriander and seasoning.

**5. GRUB'S UP!** Make a bed of the poppy seed rice and smother in the Jalfrezi curry. Garnish with the remaining coriander and any remaining chilli (to taste). Wow, Chef!

## Nutritional Information

Per 100g

Energy	367kJ
Energy	88kcal
Protein	6.4g
Carbs	13g
of which sugars	3g
Fibre	2g
Fat	1.3g
of which saturated	0.2g
Sodium	96mg

## Allergens

Allium

Cook  
within 3  
Days