



# 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<br><i>cut into bite-sized pieces</i>                                  |
| 1        | 2          | Free-range Chicken Breast/s                                                          |
| 20ml     | 40ml       | Tandoori Mix<br><i>(15ml [30ml] NOMU Indian Rub &amp; 5ml [10ml] Smoked Paprika)</i> |
| 10ml     | 20ml       | Lemon Juice                                                                          |
| 1        | 1          | Bell Pepper<br><i>rinse, deseed, dice ½ &amp; slice ½</i>                            |
| 1        | 1          | Tomato<br><i>rinse &amp; roughly dice ½ [1]</i>                                      |
| 50g      | 100g       | Cucumber<br><i>rinse &amp; roughly dice</i>                                          |
| 1        | 1          | Fresh Chilli<br><i>rinse, trim, deseed &amp; finely chop</i>                         |
| 3g       | 5g         | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i>                               |
| 100ml    | 200ml      | Low Fat Plain Yoghurt                                                                |
| 1        | 1          | Onion<br><i>peel &amp; 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!