



UCOOK

Tandoori Chicken & Sambal

with roasted pumpkin mash & crispy poppadoms

If you think the only way to enjoy tandoori-style chicken at home is to build a tandoor clay oven, put down the construction tools, grab the special UCOOK tandoori spice mix, and baste pan-fried chicken breast with it. Serve with a smooth pumpkin mash, a spicy tomato & bell pepper salsa, a crispy poppadom and dollops of coriander-loaded yoghurt.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Carb Conscious

Laborie Estate | Laborie Chenin Blanc 2023

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

Ingredients & Prep

200g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
1	Free-range Chicken Breast
20ml	Tandoori Mix <i>(15ml NOMU Tandoori Rub & 5ml Smoked Paprika)</i>
10ml	Lemon Juice
1	Bell Pepper <i>rinse, deseed, dice ½ & slice ½</i>
1	Tomato <i>rinse & roughly dice ½</i>
50g	Cucumber <i>rinse & roughly dice</i>
1	Fresh Chilli <i>rinse, trim, deseed & finely chop</i>
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>
100ml	Low Fat Plain Yoghurt
1	Onion <i>peel & roughly slice ½</i>
2	Poppadoms

From Your Kitchen

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

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). 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 strips until lightly charred and cooked through, 1-2 minutes per side. In the final 30-60 seconds, baste with ½ the tandoori spice. Remove from the pan with all the pan juices and set aside.

3. SALSA In a bowl, combine the lemon juice with a drizzle of olive oil, and whisk to emulsify. Add the diced pepper, the diced tomato, the diced cucumber, the chopped chilli (to taste), ½ the chopped coriander, and seasoning. Toss to combine. Set aside in the fridge. In a second bowl, combine ¼ of the yoghurt, the remaining coriander, and seasoning. Set aside.

4. MAKE IT SAUCY Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced onion and the sliced peppers until golden, 4-5 minutes (shifting occasionally). Add the remaining tandoori spice and fry until fragrant, 30 seconds - 1 minute (shifting constantly). Remove from the heat and mix through the remaining yoghurt and the cooked 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 tandoori chicken. Dollop over the herby yoghurt. Side with the salsa and the crispy poppadoms. Well done, Chef!



Chef's Tip

Air fryer method: Coat the pumpkin pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	199kj
Energy	48kcal
Protein	4.9g
Carbs	5g
of which sugars	1.8g
Fibre	1.4g
Fat	0.8g
of which saturated	0.3g
Sodium	104mg

Allergens

Allium, Cow's Milk

Eat
Within
3 Days