



# UCOOK

## Coconut Chicken Curry

with toasted coconut flakes & peas

As the enticing aromas of this coconut chicken curry fill your kitchen, get ready to hear a lot of 'Please hurry with the curry', Chef! Over a bed of fluffy white basmati rice comes spoonfuls of an intricate coconut milk curry base, tinged red by tangy tomato paste and spiced up with a special UCOOK curry mix. Finished with juicy browned chicken pieces and toasted coconut flakes.

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**Hands-on Time:** 40 minutes

**Overall Time:** 45 minutes

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**Serves:** 4 People


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**Chef:** Kate Gomba

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 Simple & Save

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 Painted Wolf Wines | The Pack Blacktip  
Mourvedre 2020

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## Ingredients & Prep

400ml	White Basmati Rice <i>rinse</i>
40g	Coconut Flakes
600g	Free-range Chicken Mini Fillets <i>pat dry &amp; cut into 1cm cubes</i>
2	Onions <i>peel &amp; roughly dice</i>
80ml	Curry Powder <i>(60ml NOMU Indian Rub &amp; 20ml Dried Chilli Flakes)</i>
125ml	Tomato Paste
400ml	Coconut Milk
200g	Peas

## From Your Kitchen

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

**1. RICE** Place the rinsed rice in a pot with 800ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. COCONUT FLAKES** Place the coconut flakes in a pan over medium heat. Toast until golden, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. BROWN THE CHICKEN** Return the pan to high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the chicken pieces until lightly golden but not cooked through, 30-60 seconds per side.

**4. CURRY** Return the pan with all the pan juices to medium heat. When hot, fry the diced onions until soft and translucent, 5-6 minutes. Add the curry powder and the tomato paste, and fry until fragrant, 1-2 minutes. Pour in the coconut milk and 200ml of water. Reduce the heat and simmer until slightly reduced, 8-10 minutes. In the final, 2-3 minutes, add the peas and the browned chicken. Loosen with a splash of water if it's too thick. Remove from the heat, add a sweetener, and season.

**5. TIME TO DINE** Make a bed of the fluffy rice, pour over the coconut curry, and sprinkle over the toasted coconut flakes. Well done, Chef!

## Nutritional Information

Per 100g

Energy	652kj
Energy	156kcal
Protein	9.1g
Carbs	19g
of which sugars	2.6g
Fibre	2g
Fat	4.8g
of which saturated	3.6g
Sodium	115mg

## Allergens

Allium, Sulphites

Cook  
within 3  
Days