



# UCCOOK

## Tandoori Chicken Traybake

with charred pineapple & coriander yoghurt

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Sarah Hewitt

**Wine Pairing:** Delheim Wines | Delheim Gewürztraminer

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 641kJ    | 4749kJ      |
| Energy             | 153kcal  | 1136kcal    |
| Protein            | 9.9g     | 73.5g       |
| Carbs              | 17g      | 126g        |
| of which sugars    | 4g       | 29.5g       |
| Fibre              | 2g       | 15.1g       |
| Fat                | 4.8g     | 35.9g       |
| of which saturated | 1.3g     | 9.6g        |
| Sodium             | 99mg     | 733mg       |

**Allergens:** Cow's Milk, Allium, Sulphites

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 |       | [Serves 2]                                                                                                                                        |
|----------|-------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| 100g     | 100g  | Leeks<br><i>cut in half, rinse thoroughly &amp; roughly slice ½ [all]</i>                                                                         |
| 20ml     | 40ml  | Dijon & Vinegar<br><i>(5ml [10ml] Dijon Mustard &amp; 15ml [30ml] White Wine Vinegar)</i>                                                         |
| 1        | 1     | Garlic Clove                                                                                                                                      |
| 10g      | 20g   | Fresh Ginger                                                                                                                                      |
| 25ml     | 50ml  | Tandoori Spice Blend<br><i>(15ml [30ml] NOMU Indian Rub, 2,5ml [5ml] Dried Chilli Flakes, 5ml [10ml] Sugar &amp; 2,5ml [5ml] Ground Cinnamon)</i> |
| 2        | 4     | Free-range Chicken Pieces                                                                                                                         |
| 75ml     | 150ml | White Basmati Rice<br><i>rinse</i>                                                                                                                |
| 120g     | 240g  | Chickpeas<br><i>drain &amp; rinse</i>                                                                                                             |
| 100g     | 200g  | Fresh Pineapple Rings                                                                                                                             |
| 50ml     | 100ml | Greek Yoghurt                                                                                                                                     |
| 3g       | 5g    | Fresh Coriander<br><i>rinse, pick &amp; roughly chop</i>                                                                                          |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Blender  
Paper Towel

1. **SOME PREP** Preheat the oven to 200°C. Peel the garlic and ginger. Add the leeks, the dijon & vinegar, the garlic, the ginger, the tandoori spice blend, and 30ml [60ml] of oil to a blender. Pulse until a smooth paste.

2. **ROAST** Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Coat with ½ of the paste and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

3. **RICE** Place the rice in a pot with 150ml [300ml] of salted water. Cover with a lid 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.

4. **CHICKPEAS** Coat the chickpeas in oil, the remaining paste, and season. When the roast has 12-15 minutes to go, scatter the chickpeas over the roast and roast for the remaining time until crispy. Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

5. **CHARRED PINEAPPLE & SOME PREP** Place a pan or a grill pan over medium heat with a drizzle of oil. When hot, fry the pineapple rings until charred, 1-2 minutes per side. Remove and set aside. In a small bowl, combine the yoghurt with ½ of the coriander.

6. **TIME TO EAT** Dish up the rice, top with the roast and all the tray juices. Top with dollops of the coriander yoghurt, side with the charred pineapple and garnish with the remaining coriander. Dig in, Chef!