



# U C O O K

— COOKING MADE EASY

## ROAST BUTTER CHICKEN

with coconut yoghurt raita & baby spinach

Getting your fix of Indian flavour couldn't be healthier with a sumptuous chicken leg quarter oven-roasted in butter chicken curry paste, with brown basmati and fresh sambal. Wholesome perfection!

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**Prep + Active Time:** 20 minutes

**Total Cooking Time:** 45 minutes

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 **Serves:** 2 people

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 **Chef:** Tess Witney

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 **Health Nut**

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## Ingredients

|       |                                                                      |
|-------|----------------------------------------------------------------------|
| 2     | Free-Range Chicken Marylands                                         |
| 20ml  | Butter Chicken Curry Paste                                           |
| 150ml | Brown Basmati Rice                                                   |
| 300g  | Baby Tomatoes<br><i>quartered</i>                                    |
| 2     | Red Onions<br><i>peeled &amp; thinly sliced</i>                      |
| 30ml  | Pickling Liquid<br><i>(20ml white wine vinegar &amp; 10ml honey)</i> |
| 100g  | Cucumber<br><i>finely diced</i>                                      |
| 100ml | Coconut Yoghurt                                                      |
| 10g   | Fresh Coriander<br><i>rinsed &amp; roughly chopped</i>               |
| 40g   | Baby Spinach<br><i>rinsed</i>                                        |

## From Your Kitchen

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



### CHEF'S TIP

For the brown basmati rice, try to keep the lid on for the entire cooking and steaming time, only checking if necessary. This will ensure you get that perfect, nutty texture.

## 1. BEFORE YOU GET GOING

Read through the whole recipe. Remember, the prep instructions are now displayed in the ingredient list, directly under the item they apply to. So, you have the option to do all your prep at once before you start cooking, or bit by bit as you go through the recipe!

## 2. BUTTER 'EM UP

Preheat the oven to 200°C. In a small bowl, combine the Butter Chicken Curry Paste with 30ml of oil and some seasoning. Pat the chicken dry with some paper towel. Place on a roasting tray and coat in the curry paste. Roast in the hot oven for 35-40 minutes until cooked through and becoming crispy, shifting halfway.

## 3. FLUFFY BASMATI

Rinse the rice and place in a pot. Submerge it in 400ml of salted water. Bring to the boil with the lid on. Once boiling, reduce the heat and simmer for 20 minutes until most of the water has been absorbed. Then, keeping the lid on, remove from the heat and allow it to steam for a further 10 minutes.

## 4. SAMBAL & RAITA

Place the quartered baby tomatoes and half of the thinly sliced red onion in a bowl with the Pickling Liquid. Season to taste, toss to combine, and set aside to pickle. Place the diced cucumber and coconut yoghurt in a bowl and stir in three-quarters of the chopped coriander. Season to taste and set aside.

## 5. SAUTÉD VEG

When the rice is cooked, place a pan over a medium-high heat with a drizzle of oil. When hot, sauté the remaining red onion for 3-4 minutes until soft. Add in the rice and rinsed baby spinach. Cook for 1-2 minutes until the spinach has wilted, stirring occasionally. Remove from the heat.

## 6. ALMOST THERE

When the chicken is cooked, remove from the oven and allow to rest for 3-5 minutes before serving. Add some pickling liquid from the sambal (to taste) to the coconut yoghurt raita.

## 7. DISH UP & DIG IN

Plate some fluffy rice and spinach next to the butter chicken leg quarter. Top with some fresh sambal (use or lose the pickling liquid as you wish!) and serve with the coconut yoghurt raita on the side. Delish, Chef!

## Nutritional Information

Per 100g

|                    |     |
|--------------------|-----|
| Energy (kj)        | 514 |
| Energy (kcal)      | 123 |
| Protein            | 8   |
| Carbs              | 11  |
| of which sugars    | 2   |
| Fibre              | 1   |
| Fat                | 5   |
| of which saturated | 1   |
| Salt               | 0   |

Cook within: 3 days

Allergens: Allium Sulphites



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