



# UCOOK

## Mouthwatering Madras Chicken

with kale & white basmati rice

On a bed of fluffy basmati rice rests beautifully golden, pan-fried chicken pieces that have been marinated in a buttermilk-mustard coating. Served with charred carrot & sautéed kale, all drizzled with a creamy, flavour-packed Madras sauce made from curry powder, apricot jam, and crème fraîche. Absolutely more-ish!

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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Fan Faves

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Neil Ellis Wines | Neil Ellis Groenekloof Syrah

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## Ingredients & Prep

75g	White Basmati Rice <i>rinse</i>
2	Free-range Chicken Pieces
1	Onion <i>peel &amp; finely dice</i>
50ml	Buttermilk
5ml	Dijon Mustard
120g	Carrot <i>trim, peel &amp; cut into bite-sized pieces</i>
100g	Kale <i>rinse &amp; roughly shred</i>
10ml	Medium Curry Powder
5ml	Chicken Stock
15ml	Vinegar & Jam <i>(5ml White Wine Vinegar &amp; 10ml Apricot Jam)</i>
30ml	Crème Fraîche
3g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

**1. BASMATI RICE** Place the rinsed rice in a pot with 150ml 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. MARINATION STATION** Boil the kettle. Pat the chicken dry with paper towel and place into a bowl. Mix together with  $\frac{1}{4}$  the diced onion, the buttermilk, the mustard, a drizzle of oil, and seasoning. Set aside to marinate.

**3. CARROTS & KALE** Place a pan (with a lid) over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the carrot pieces until starting to brown and soften, 5-8 minutes. Add the shredded kale,  $\frac{1}{4}$  of the diced onion, and fry until soft, and wilted, 3-4 minutes. Remove from the pan, season, and cover.

**4. GOLDEN CHICKEN** Return the pan to medium heat with a drizzle of oil. When hot, fry the marinated chicken on one side until browned, 4-6 minutes. Flip, cover, and fry until cooked through, 12-15 minutes. At the halfway mark, add a splash of water to the pan, cover, and cook for the remaining time. Remove from the pan and cover to keep warm.

**5. MADRAS SAUCE** Dilute the stock with 30ml of boiling water. While the chicken is cooking, place a clean pan over medium-high heat with a drizzle of oil. When hot, fry the remaining diced onion and the curry powder (to taste) until golden, 4-5 minutes (shifting occasionally). Stir in the diluted stock and the vinegar & jam mixture, and simmer until reduced and slightly thickened, 4-6 minutes (stirring occasionally). Remove from the heat and mix through the crème fraîche and seasoning. Add a splash of milk (optional) or water if the sauce is too thick.

**6. PLATE IT UP!** Serve up the steaming rice and top with the golden chicken pieces. Plate the charred carrot & kale on the side and drizzle over the creamy Madras sauce. Garnish it all with the chopped parsley. Tuck in, Chef!

## Nutritional Information

Per 100g

Energy	547kJ
Energy	131kcal
Protein	8g
Carbs	13g
of which sugars	3g
Fibre	1.8g
Fat	5.5g
of which saturated	1.9g
Sodium	103mg

## Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites

Eat  
Within  
3 Days