

U COOK

Chutney Chicken Curry

with sultanas & fresh chilli

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Waterkloof | Seriously Cool Chenin blanc

Nutritional Info	Per 100g	Per Portion
Energy	738kJ	3827kJ
Energy	177kcal	915kcal
Protein	8.7g	44.9g
Carbs	25g	129g
of which sugars	9.2g	47.7g
Fibre	1.2g	6.3g
Fat	4.1g	21.1g
of which saturated	1.9g	9.7g
Sodium	487mg	2830mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Mild

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 3 [Serves 4]

300ml 400ml Jasmine Rice
rinse

450g 600g Free-range Chicken Mini
Fillets

2 2 Onions
peel & roughly dice

45ml 60ml Spice & All Things Nice
Durban Curry Paste

90ml 125ml Mrs Ball's Chutney

125ml 160ml Crème Fraîche

90g 120g Golden Sultanas
roughly chop

2 2 Fresh Chillies
*rinse, trim, deseed & finely
slice*

1. READY THE RICE Place the rice in a pot with 600ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. FRY THE CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan, season, and set aside.

3. CHUTNEY, CHICKEN & CURRY Return the pan to medium heat with a drizzle of oil. Fry the onion until golden, 6-7 minutes (shifting occasionally). Add in the curry paste (to taste) and fry until fragrant, 30-60 seconds (shifting constantly). Mix in the chutney and cooked chicken and remove from the heat. Stir through the crème fraîche and seasoning. Loosen with water to desired consistency.

4. DELICIOUS Plate up the steaming rice with the chicken curry. Top with the sultanas and garnish with the chilli (to taste).

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)