

QCOOK

Fragrant Butter Chicken

with a buttery naan bread & tomato sambal

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Morgan Otten

Wine Pairing: Strandveld | First Sighting Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	578kJ	4301kJ
Energy	138kcal	1029kcal
Protein	7.5g	55.6g
Carbs	18g	135g
of which sugars	2.5g	18.7g
Fibre	1.6g	11.7g
Fat	3.7g	27.7g
of which saturated	1.4g	10.6g
Sodium	153mg	1137mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Chicken Mini Fillets
20ml	40ml	Spice & All Things Nice Indian Butter Chicken Curry Paste
75ml	150ml	White Basmati Rice <i>rinse</i>
1	1	Onion <i>peel & finely dice ½ [1]</i>
1	1	Garlic Clove
20ml	40ml	Butter Chicken Spice <i>(10ml [20ml] NOMU Garam Masala Rub, 2,5ml [5ml] Ground Turmeric, 5ml [10ml] Ground Coriander & 2,5ml [5ml] Cumin Seeds)</i>
100ml	200ml	Tomato Passata
40ml	80ml	Fresh Cream
1	1	Tomato
1	2	Naan Bread/s

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Butter
Paper Towel

1. TIME TO RICE AND SHINE! Pat the chicken dry with paper towel and cut into bite-sized pieces. Place the chicken in a bowl and toss with the curry paste. Season and set aside. Place the rice in a pot with 150ml [300ml] of salted water. Cover and bring to a boil. Simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. GET IT GOLDEN Place a pot over high heat with a drizzle of oil. When hot, fry the chicken until golden but not cooked through, 1-2 minutes (shifting occasionally). Remove from the pot and set aside.

3. COOK THE CURRY BASE Peel and grate the garlic and ginger. Return the pot to medium heat with a drizzle of oil. Fry $\frac{3}{4}$ of the onion until soft, 3-4 minutes (shifting occasionally). Add the garlic and the butter chicken curry spice. Fry until fragrant, 1-2 minutes (shifting constantly). Add the tomato passata and 200ml [400ml] of water. Simmer until thickened, 12-15 minutes (stirring occasionally).

4. A DREAMY CREAMY SAUCE Once the sauce has thickened, stir through the cream and simmer until starting to thicken, 5-6 [6-7] minutes. In the final 1-2 minutes, add the fried chicken pieces. Loosen with a splash of water, if necessary. Add a sweetener (to taste) and season.

5. SOMEBODY SAY SAMBAL? Rinse and roughly dice the tomato. In a small bowl, combine the tomato, the remaining onion (to taste), a drizzle of olive oil, and seasoning.

6. NAAN COMPARE TO THIS Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, toast the naan bread/s until golden brown, 1-2 minutes per side. Cut into quarters.

7. WARM UP THE BELLY Bowl up the curry and side with the rice, the sambal, and the golden naan/s.