



UCCOOK

Thai Red Chicken Curry

with millet & baby spinach

A fluffy bed of millet, a kick of red curry paste, cooling coconut milk & browned chicken chunks. With a dash of ginger, baby spinach, and fresh coriander — it's a curry packed full of deliciousness!


Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Morgan Otten

 Simple & Save

 Waterkloof | False Bay Sauvignon Blanc

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Ingredients & Prep

100ml	Millet <i>rinsed</i>
150g	Free-range Chicken Mini Fillets
10g	Fresh Ginger <i>peeled & grated</i>
1	Garlic Clove <i>peeled & grated</i>
7,5ml	Red Curry Paste
100ml	Coconut Milk
40g	Spinach <i>rinsed & roughly shredded</i>
3g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. MAKE THE MILLET Place the millet in a pot over medium heat. Toast until fragrant, 1-3 minutes (shifting occasionally). Add 200ml of salted water and a drizzle of olive oil. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 10-12 minutes. Fluff with a fork and cover.

2. BROWN 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. Remove from the pan, cut into bite-sized pieces, season, and set aside.

3. ALL TOGETHER NOW! Return the pan to medium heat with a drizzle of oil, if necessary. When hot, fry the grated ginger, the grated garlic, and the curry paste (to taste) until fragrant, 1-2 minutes. Mix in the coconut milk and 50ml of water. Simmer until slightly reduced, 4-5 minutes. In the final 1-2 minutes, add the shredded spinach and cook until wilted. Remove from the heat, add the browned chicken pieces, and season.

4. CURRY NIGHT Make a bed of the fluffy millet and top with the flavourful curry. Garnish with the chopped coriander. Enjoy, Chef!



Chef's Tip

Always add curry paste to taste. When the sauce is nearing completion, taste to test the spice levels. If you'd like to increase the heat, gradually stir in any remaining curry paste.

Nutritional Information

Per 100g

Energy	694kj
Energy	166kcal
Protein	11.5g
Carbs	17g
of which sugars	0.5g
Fibre	2.1g
Fat	5.5g
of which saturated	3.5g
Sodium	57mg

Allergens

Allium

Cook
within 3
Days