



UCCOOK

Saucy Indian-spiced Chicken

with julienne carrots & toasted cocktail rotis

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	437kJ	2622kJ
Energy	104kcal	627kcal
Protein	8.7g	52.2g
Carbs	12g	72g
of which sugars	3.9g	23.3g
Fibre	2g	12.1g
Fat	2.2g	13.5g
of which saturated	0.4g	2.1g
Sodium	278.7mg	1673mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites, Soy

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3

[Serves 4]

450g	600g	Free-range Chicken Mini Fillets
60ml	80ml	Spice & All Things Nice Cape Malay Curry Paste
225g	300g	Sliced Onions
45ml	60ml	NOMU Indian Rub
300ml	400ml	Tomato Passata
225g	300g	Julienne Carrots
150g	200g	Peas
9	12	Cocktail Rotis
150ml	200ml	Raita
15ml	20ml	Dried Chilli Flakes
8g	10g	Fresh Coriander
		<i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

1. CURRY CHICKEN Pat the chicken dry with paper towel and place in a bowl. Mix in $\frac{1}{4}$ of the curry paste and season. Place a pan over medium heat with a drizzle of oil. When hot, fry the chicken in batches until lightly charred but not cooked through, 30-60 seconds per side. Remove from the pan.

2. SAUCE Return the pan to medium heat with a drizzle of oil if necessary. Fry the onions until soft, 6-7 minutes. Add the NOMU rub and the remaining curry paste, fry until fragrant, 1-2 minutes. Mix in the tomato passata and 300ml [400ml] of water. Simmer until thickened, 15-20 minutes. In the final 3-4 minutes, mix in the julienne carrots, the chicken, and the peas. Remove from the heat, add a sweetener (to taste) and season.

3. ROTIS Place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

4. DINNER IS READY Plate up the saucy Indian-spiced chicken and top with dollops of the raita. Sprinkle over the chilli flakes (to taste) and garnish with the coriander. Side with the warmed rotis. Tuck in, Chef!