



# UCOOK

## Chinese Chicken Curry

with fluffy jasmine rice

On a bed of fragrant jasmine rice comes a generous serving of onion, carrot, peas, and golden chicken fillets, all covered in a mouthwatering sweet-soy sauce balanced with a hit of our special UCOOK oriental curry mix. Once the aromas start filling your kitchen, you will hurry with this curry, Chef!

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 3 People

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**Chef:** Jason Johnson

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 Simple & Save

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 Waterkloof | False Bay Chenin Blanc

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## Ingredients & Prep

300ml	Jasmine Rice <i>rinsed</i>
450g	Free-range Chicken Mini Fillets
30ml	Cornflour
2	Onions <i>1½ peeled &amp; roughly diced</i>
360g	Carrot <i>rinsed, trimmed, peeled &amp; cut into bite-sized pieces</i>
60ml	Curry Mix <i>(30ml NOMU Oriental Rub &amp; 30ml Medium Curry Powder)</i>
30ml	Low Sodium Soy Sauce
150g	Peas
8g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel

**1. FLUFFY RICE** Place the rinsed rice in a pot with 600ml 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. GOLDEN CHICKEN** Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel, cut into bite-sized pieces, and coat in the cornflour. When hot, fry the chicken until golden but not cooked through, 30-60 seconds per side. You may need to do this step in batches. Remove from the pan, season, and set aside.

**3. CURRY** Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion and the carrot pieces until the onions are soft, 5-6 minutes. Add the curry mix and fry until fragrant, 1-2 minutes. Stir in 600ml of water and the soy sauce. Simmer until the carrots are cooked through, 10-12 minutes. Add the cooked chicken and the peas, and simmer until the chicken is cooked through, 4-5 minutes. Add a sweetener and season.

**4. DINNER IS READY** Make a bed of rice. Top with the chicken curry and all the sauce. Garnish with a sprinkle of the chopped coriander.

## Nutritional Information

Per 100g

Energy	530kj
Energy	127kcal
Protein	8.9g
Carbs	19g
of which sugars	2.6g
Fibre	2.8g
Fat	1.4g
of which saturated	0.3g
Sodium	208mg

## Allergens

Gluten, Allium, Sesame, Wheat, Soy

Cook  
within 3  
Days