



UCCOOK

Mouthwatering Madras Chicken

with fluffy basmati rice, kale & carrots

This is no ordinary combination of chicken, rice & veg, Chef. From the first bite, you will be salivating for more as you savour the fluffy grains of basmati rice, covered in a currylicious Indian Madras sauce. Juicy chicken slices with a buttermilk & mustard basting, a buttery carrot & earthy kale medley, and fresh parsley complete the dish.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Fan Faves

Neil Ellis Wines | Neil Ellis Groenekloof Syrah

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Ingredients & Prep

100ml	White Basmati Rice <i>rinse</i>
120g	Carrot <i>trim, peel & cut into small bite-sized pieces</i>
100g	Kale <i>rinse & roughly shred</i>
1	Onion <i>peel & finely dice</i>
50ml	Buttermilk
5ml	Dijon Mustard
1	Free-range Chicken Breast
5ml	Chicken Stock
10ml	Medium Curry Powder
15ml	Vinegar & Jam <i>(5ml White Wine Vinegar & 10ml Apricot Jam)</i>
30ml	Crème Fraîche
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. BASMATI RICE Place the rinsed rice in a pot with 150ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. CARROTS & KALE Place a pan (with a lid) over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the carrot pieces until starting to brown and soften, 5-8 minutes. Add the shredded kale, ¼ of the diced onion, and fry until soft, and wilted, 3-4 minutes. Remove from the pan, season, and cover.

3. BASTING SAUCE Boil the kettle. In a bowl, combine the buttermilk and the mustard.

4. CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 3-4 minutes. Flip, cover, and fry until cooked through, 3-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the basting sauce. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. MADRAS SAUCE Dilute the stock with 30ml of boiling water. While the chicken is cooking, place a clean pan over medium-high heat with a drizzle of oil. When hot, add the remaining diced onion and the curry powder (to taste) and fry until golden, 4-5 minutes (shifting occasionally). Stir in the diluted stock and the vinegar & jam mixture, and simmer until reduced and slightly thickened, 4-6 minutes (stirring occasionally). Remove from the heat and mix through the crème fraîche and seasoning. Add a splash of milk (optional) or water if the sauce is too thick.

6. TIME TO EAT Plate up the fluffy rice, spoon over the madras sauce, and top with the chicken slices. Side with the carrot & kale mixture and garnish with the chopped parsley. Good job, Chef!

Nutritional Information

Per 100g

Energy	496kJ
Energy	119kcal
Protein	7.3g
Carbs	17g
of which sugars	3g
Fibre	2.1g
Fat	2.6g
of which saturated	1.2g
Sodium	107mg

Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites

Eat
Within
3 Days