



UCCOOK

Mini Chicken Rotis

with fresh coriander & NOMU Indian Rub

Chicken mince is caramelised in NOMU's Indian Rub before being simmered in a tomato-based sauce dotted with sweet peas. Wrapped up in toasted rotis and sprinkled with fresh coriander.

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Thea Richter

Simple & Save

Waterford Estate | Waterford Pecan Stream
Chenin Blanc

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Ingredients & Prep

1	Onion <i>peel & roughly dice ½</i>
150g	Free-range Chicken Mince
7,5ml	NOMU Indian Rub
100g	Cooked Chopped Tomato
40g	Peas
4	Rotis
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. MAKE MINCE MEAT OF IT Place a pan over medium-high heat with a drizzle of oil. When hot, add the diced onion and fry until soft, 3-4 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Caramelize until browned, 5-6 minutes (shifting occasionally).

2. REDUCED = INCREASED FLAVOUR When the mince is browned, add the NOMU rub to the pan and fry until fragrant, 1-2 minutes (shifting constantly). Lower the heat and pour in the cooked chopped tomato and 50ml of water. Bring to a simmer and cook until reduced and thickened, 8-10 minutes. In the final 1-2 minutes, stir through the peas. Add a sweetener and seasoning.

3. READY THE ROTIS Place a pan over medium heat. When hot, warm the rotis until heated through and lightly toasted, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave for 30-60 seconds.

4. STACK 'EM UP Top each roti with the tomato mince. Sprinkle over the chopped coriander and dive in, Chef!

Nutritional Information

Per 100g

Energy	490kJ
Energy	117kcal
Protein	7.2g
Carbs	14g
of which sugars	4g
Fibre	2g
Fat	3.6g
of which saturated	0.8g
Sodium	226mg

Allergens

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

Eat
Within
1 Day