



# UCCOOK

## Quick Thai Chicken Curry

with jasmine rice

**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Jade Summers

**Wine Pairing:** Zevenwacht | Estate Chenin Blanc

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 663kJ    | 3115kJ      |
| Energy             | 159kcal  | 745kcal     |
| Protein            | 9.6g     | 45.1g       |
| Carbs              | 18g      | 83g         |
| of which sugars    | 2.2g     | 10.1g       |
| Fibre              | 1.5g     | 7.2g        |
| Fat                | 4.9g     | 23g         |
| of which saturated | 2.9g     | 13.5g       |
| Sodium             | 228mg    | 1071mg      |

**Allergens:** Cow's Milk, Allium

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 |       | [Serves 2]                                                                                    |
|----------|-------|-----------------------------------------------------------------------------------------------|
| 75ml     | 150ml | Jasmine Rice<br><i>rinse</i>                                                                  |
| 10g      | 20g   | Coconut Flakes                                                                                |
| 1        | 2     | Free-range Chicken Breast/s                                                                   |
| 1        | 1     | Onion<br><i>peel &amp; roughly slice ½ [1]</i>                                                |
| 10ml     | 20ml  | Spice Rub<br><i>(7,5ml [15ml] NOMU One For All Rub &amp; 2,5ml [5ml] Dried Chilli Flakes)</i> |
| 15ml     | 30ml  | Spice & All Things Nice Thai Red Curry Paste                                                  |
| 40g      | 80g   | Corn                                                                                          |
| 30ml     | 60ml  | Crème Fraîche                                                                                 |

## From Your Kitchen

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

1. **NICE RICE** Place the rice in a pot with 150ml [300ml] of salted water. Cover with a lid 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. **TOASTED COCONUT** Place the coconut flakes in a pan over medium heat. Toast until golden, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. **GOLDEN CHICKEN** Return the pan to high heat with a drizzle of oil. Pat the chicken dry with paper towel, and cut into bite-sized chunks. Fry the chicken until golden and cooked through, 1-2 minutes (shifting occasionally). Remove from the pan, season, and set aside.

4. **HURRY WITH THE CURRY** Return the pan to medium heat with a drizzle of oil. Fry the onion until golden, 4-5 minutes (shifting occasionally). In the final minute, add the spicy rub, and the curry paste (to taste). Fry until fragrant, 1-2 minutes. Add 150ml [300ml] of water and simmer until reduced, 5-6 minutes. In the final 1-2 minutes, add the golden chicken and the corn. Mix in the crème fraîche and seasoning.

5. **TO-THAI-FOR DINNER** Make a bed of the fluffy rice, top with the curry, and scatter over the coconut flakes. Enjoy!