



U C O O K

— COOKING MADE EASY

UPPER BLOEM'S CAPE MALAY CHICKEN

with creamy curry sauce, charred broccoli & caramelised seeds

This homage to Cape Malay cuisine is a fusion of two of the first recipes my partner Henry and I offered when we opened Upper Bloem. With coconut cream, tender chicken breast, and fresh coriander, it's all about warmth, texture, and flavour.

Hands-On Time: 35 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: André Hill



Health Nut

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Ingredients & Prep

1kg	Butternut rinsed & cut in half length- ways
600g	Broccoli Florets cut into bite-size pieces
60g	Pumpkin & Sunflower Seed Mix
40ml	Honey
10ml	NOMU African Rub
2	Onions peeled & roughly sliced
40ml	Spice and All Things Nice Cape Malay Curry Paste
800ml	Coconut Cream
2	Lemons cut into wedges
4	Free-Range Chicken Breasts Skinless
15g	Fresh Coriander rinsed & picked

From Your Kitchen

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

1. ROAST VEG Preheat the oven to 190°C. Deseed the butternut halves and cut into 1.5cm thick half-moons. Spread out on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and caramelised. At the halfway mark, flip the butternut half-moons over and add the broccoli pieces to the tray. Return to the oven for 15-20 minutes until the broccoli is slightly charred and cooked al dente.

2. CARAMELISED SEEDS Place a deep pan (that has a lid) over a medium heat. When hot, toast the seed mix for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and spread out on a roasting tray. In a bowl, combine the honey with 2 tbsp of oil and the African Rub to taste. If the honey is too hard to mix, pop it in the microwave for 5-10 seconds before combining. Pour the honey and spice mixture over the toasted seeds, season, and toss to coat. Pop in the oven for 8-9 minutes until caramelised, shifting halfway.

3. PAR-COOK THE CHICKEN Pat the chicken breasts dry with some paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the chicken on one side for 2-3 minutes until that side is golden. (You do not need to cook the other side in this step.) Remove from the pan and set aside.

4. CURRY SAUCE Return the pan to a medium heat with another drizzle of oil. When hot, fry the sliced onion for 6-8 minutes until golden brown, shifting occasionally. Add the Cape Malay Curry Paste and fry for 30-60 seconds until fragrant. Pour in the coconut cream and stir through the paste and onions until well combined. Bring to a simmer and cook for 6-8 minutes until reduced and thickened, stirring occasionally.

5. CURRY-POACHED CHICKEN Once the sauce has thickened, add some seasoning and some lemon juice to taste. Put the chicken back in the pan with the uncooked sides facing down in the sauce. Pop on the lid and poach in the curry sauce for 10-12 minutes until cooked through and tender. Remove the pan from the heat on completion. Remove the chicken breasts from the pan and slice each one into 4 pieces.

6. UPPER BLOEM DELIGHT Serve up a helping of vibrant roast veggies. Top with the slices of curried chicken breast and pour over the curry sauce. Garnish with the rinsed coriander leaves and the spicy, caramelised seeds and serve with a lemon wedge on the side. Perfection!



Chef's Tip

The butternut skin adds flavour and nutrients, but can be removed if you prefer!

Nutritional Information

Per 100g

Energy	448kj
Energy	107Kcal
Protein	5g
Carbs	9g
of which sugars	4g
Fibre	1g
Fat	5g
of which saturated	3g
Salt	0g

Allergens

Allium, Sulphites

Cook
within 3
Days