



UCOOK

Creamy Chutney Chicken Curry

with sultanas & fresh parsley

The iconic Mrs Balls Chutney brings the South African flavour to this creamy chicken curry dish, featuring Spice & All Things Nice Durban Curry Paste for that special aromatic warmth, crème fraîche for creaminess, & sultanas for sweetness. Served with jasmine rice and garnished with fresh parsley.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

Simple & Save

Groote Post Winery | Groote Post Chenin Blanc

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Ingredients & Prep

100g	Jasmine Rice <i>rinse</i>
150g	Free-range Chicken Mini Fillets
1	Onion <i>peel & roughly dice</i>
15ml	Spice & All Things Nice Durban Curry Paste
30ml	Mrs Ball's Chutney
40ml	Crème Fraîche
10g	Golden Sultanas <i>roughly chop</i>
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. READY THE RICE Place the rinsed rice in a pot with 200ml 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. FRY THE CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

3. CHUTNEY, CHICKEN & CURRY Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add in the curry paste (to taste) and fry until fragrant, 30-60 seconds (shifting constantly). Mix in the chutney and cooked chicken and remove from the heat. Stir through the crème fraîche and seasoning. Loosen with water to desired consistency.

4. DELICIOUS Plate up the steaming rice with the chicken curry. Top with the chopped sultanas and garnish with the chopped parsley.

Nutritional Information

Per 100g

Energy	703kj
Energy	168kcal
Protein	9.1g
Carbs	22g
of which sugars	5.6g
Fibre	1g
Fat	4.3g
of which saturated	1g
Sodium	158mg

Allergens

Cow's Milk, Allium, Sulphites

Eat
Within
3 Days