

QCOOK

Fragrant Butter Chicken

with a buttery naan bread & tomato sambal

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Fan Faves: Serves 1 & 2

Chef: Morgan Otten

Nutritional Info	Per 100g	Per Portion
Energy	599kj	4562kj
Energy	143kcal	1091kcal
Protein	7.3g	55.9g
Carbs	18g	135g
of which sugars	2.5g	19.2g
Fibre	1.5g	11.7g
Fat	4.5g	34.4g
of which saturated	1.9g	14.7g
Sodium	150mg	1144mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Chicken Mini Fillets
20ml	40ml	Spice & All Things Nice Indian Butter Chicken Curry Paste
75ml	150ml	White Basmati Rice <i>rinse</i>
1	1	Garlic Clove
1	1	Onion <i>peel & finely dice ½ [1]</i>
20ml	40ml	Butter Chicken Spice <i>(10ml [20ml] NOMU Garam Masala Rub, 2,5ml [5ml] Ground Turmeric, 5ml [10ml] Ground Coriander & 2,5ml [5ml] Cumin Seeds)</i>
100ml	200ml	Tomato Passata
60ml	125ml	Fresh Cream
1	1	Tomato
1	2	Naan Bread/s

From Your Kitchen

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

Butter

Paper Towel

Oil (cooking, olive or coconut)

1. CHICKEN & RICE Pat the chicken dry with paper towel and cut into bite-sized pieces. Place the chicken in a bowl and toss with the curry paste. Season and set aside. Place the rice in a pot with 150ml [300ml] of salted water. Cover and bring to a boil. Simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. INTO THE PAN Place a pot over high heat with a drizzle of oil. When hot, fry the chicken until golden but not cooked through, 1-2 minutes (shifting occasionally). Remove from the pot and set aside.

3. START THE CURRY Peel and grate the garlic. Return the pot to medium heat with a drizzle of oil. Fry ¾ of the onion until soft, 3-4 minutes (shifting occasionally). Add the garlic and the butter chicken curry spice. Fry until fragrant, 1-2 minutes (shifting constantly). Add the tomato passata and 200ml [400ml] of water. Simmer until thickened, 12-15 minutes (stirring occasionally).

4. MAKE IT CREAMY Once the sauce has thickened, stir through the cream and simmer until starting to thicken, 5-6 [6-7] minutes. In the final 1-2 minutes, add the fried chicken pieces. Loosen with a splash of water, if necessary. Add a sweetener (to taste) and season.

5. TOMATO SAMBAL Rinse and roughly dice the tomato. In a small bowl, combine the tomato, the remaining onion (to taste), a drizzle of olive oil, and seasoning.

6. NOW FOR THE NAAN Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, toast the naan bread/s until golden brown, 1-2 minutes per side. Cut into quarters.

7. HURRY WITH THE CURRY Bowl up the curry and side with the rice, the sambal, and the golden naan/s.