



# UCOOK

## Curried Chicken & Butternut

with crème fraîche & pumpkin seeds

Crispy, creamy and curry-fied. Those satisfying textures and tastes are all wrapped up in every bite of this tender-roasted chicken and butternut dish. By smothering these well-known ingredients in a creamy curried sauce, it makes for a whole new dinner experience. Let's get cooking, Chef!

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**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People


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**Chef:** Megan Bure

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 Carb Conscious

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 Creation Wines | Creation Viognier

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## Ingredients & Prep

|      |  |
|------|--|
| 3    | Free-range Chicken Leg Quarters                                      |
| 750g | Butternut Chunks<br><i>cut into bite-sized pieces</i>                |
| 45g  | Pumpkin Seeds  |
| 90ml | Low Fat Plain Yoghurt  |
| 90ml | Crème Fraîche  |
| 15ml | Medium Curry Powder  |
| 30ml | Dijon Mustard  |
| 2    | Red Bell Peppers<br><i>1½ rinsed, deseeded &amp; cut into strips</i> |
| 300g | Cabbage<br><i>thinly sliced</i>                                      |

## From Your Kitchen

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

**1. DON'T BE CHICKEN, CHEF!** Preheat the oven to 200°C. Place the chicken leg quarters and the butternut pieces on a deep roasting tray. Pat dry with paper towel. Coat in oil and season. Roast in the hot oven for 35-40 minutes until cooked through and becoming crispy, shifting halfway.

**2. POP THE PUMPKIN SEEDS** Place the pumpkin seeds in a pan over medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan and set aside to cool.

**3. SPICE IT UP** In a bowl, combine the yoghurt, the crème fraîche, the curry powder, the mustard, 150ml of warm water, and seasoning.

**4. CREAMY CHICKEN** When the chicken has 20-25 minutes remaining, scatter over the sliced peppers, and pour the crème fraîche mixture over the tray. Roast for the remaining time.

**5. COMPLETE THE CABBAGE** Place the sliced cabbage in a bowl. Add a drizzle of olive oil and season. Toss until coated.

**6. ENJOY EVERY BITE** Make a bed of dressed cabbage. Top with the creamy curried roast and scatter over the toasted pumpkin seeds. There you have it!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 455kj   |
| Energy             | 109kcal |
| Protein            | 7.2g    |
| Carbs              | 6g      |
| of which sugars    | 2.1g    |
| Fibre              | 1.7g    |
| Fat                | 6g      |
| of which saturated | 2.3g    |
| Sodium             | 52mg    |

## Allergens

Gluten, Dairy, Wheat, Sulphites

Cook  
within 2  
Days