



# UCOOK

## Temptations Silky Chicken Reshimi

**with crispy onion bhajis, garden salad & a zesty yoghurt dip**

Reshimi means “silk” and this dish lives up to its name! A spiced double cream yoghurt marinade gives this chicken breast melt-in-your-mouth texture. Marinate an hour before cooking for extra vibrant flavour. Accompanied by chickpea flour fritters (bhajis) – you’ll need lots of oil for deep frying!

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**Hands-On Time:** 45 minutes

**Overall Time:** 65 minutes


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**Serves:** 4 People


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**Chef:** Prim Reddy & Niranj Pather

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 Easy Peasy

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 Steenberg Vineyards | Sphynx Chardonnay

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## Ingredients & Prep

|       |  |
|-------|--|
| 4     | Free-range Chicken Breasts                                       |
| 4     | Garlic Cloves<br><i>peeled &amp; grated</i>                      |
| 500ml | Double Cream Plain Yoghurt                                       |
| 50ml  | Temptations Spice Blend  |
| 30ml  | Lemon Juice  |
| 2     | Limes<br><i>zested &amp; cut into wedges</i>                     |
| 10g   | Fresh Coriander<br><i>rinsed &amp; roughly chopped</i>           |
| 12    | Kebab Skewers  |
| 1,03L | Bhaji Mix<br><i>(1L Chickpea Flour &amp; 30ml Baking Powder)</i> |
| 2     | Onions<br><i>peeled &amp; finely sliced</i>                      |
| 80g   | Salad Leaves<br><i>rinsed</i>                                    |
| 80g   | Radish<br><i>rinsed &amp; sliced into thin rounds</i>            |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel

**1. IT'S ALWAYS GREAT TO MARINATE!** Preheat the oven to 180°C. Pat the chicken dry with paper towel, cut into bite-sized pieces, and place in a bowl. Add in the grated garlic, ½ of the yoghurt, ½ of the spice blend, the lemon juice to taste, and some seasoning. Mix until combined and coated. Place in the fridge and allow to marinate for at least 15 minutes.

**2. PREP STEP** In a small bowl, combine the remaining yoghurt, the lime zest to taste, and ¾ of the chopped coriander. Loosen with a splash of water, season, and set aside for serving. Submerge the skewers in water and set aside to soak. (This prevents the wood from burning in the oven.) In a bowl, combine the bhaji mix with the remaining spice blend. Gradually mix in 320ml of water until it forms a batter the consistency of regular yoghurt. If too thick, loosen with more water in 5ml increments. Stir through the sliced onion and set aside.

**3. SKEWER & TOSS** Remove the skewers from the bowl of water, thread the marinated chicken onto them, and place on a baking tray. Bake in the hot oven for 10-12 minutes until the chicken is tender but not cooked through. In a large salad bowl, whisk together a squeeze of lime, 2 tsp of a sweetener of choice, 4 tbsp of oil, and some seasoning. Toss through the rinsed salad leaves and sliced radish, and set aside for serving.

**4. OH-SO-CRISPY** Line a large oven tray with paper towel. Place a large, deep pan over a medium-high heat and fill with 4-5cm of oil. When hot, scoop in 1 tbsp of batter per bhaji (8-10 bhajis per person). Fry for 2-3 minutes until cooked and crispy, flipping halfway. You may need to fry in batches. Spread out on the oven tray and season.

**5. CHARRED CHICKEN** Remove the chicken from the oven and reduce the temperature to 120°C. Remove the paper towel from the tray of bhajis and pop in the oven to keep warm. Place a pan over a high heat with a drizzle of oil – use a grill pan if you have one. When very hot, fry the chicken for 1-2 minutes per side until charred and cooked. Remove from the pan and set aside for serving. Add in the remaining lime wedges and char for 1-2 mins. Remove from the heat.

**6. MASSES OF FLAVOUR** Plate up the fragrant chicken skewers, and side with the crispy onion bhajis and fresh salad. Garnish with the remaining coriander and the charred lime. Serve the herbed yoghurt on the side for dipping. Stunning!



## Chef's Tip

The longer you marinate the chicken, the better! So, if time is on your side, complete the marinating step and leave the chicken in the fridge for an hour or two before you start cooking.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 639kj   |
| Energy             | 153Kcal |
| Protein            | 12.9g   |
| Carbs              | 17g     |
| of which sugars    | 4.1g    |
| Fibre              | 3.3g    |
| Fat                | 4g      |
| of which saturated | 1.4g    |
| Sodium             | 40mg    |

## Allergens

Dairy, Allium

Cook  
within 3  
Days