

UCCOOK

Mouthwatering Madras Chicken

with crispy kale

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Paul Cluver | Village Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	379kJ	3145kJ
Energy	91kcal	752kcal
Protein	6.2g	51g
Carbs	12g	99g
of which sugars	2.6g	21.6g
Fibre	1.8g	15.2g
Fat	2.2g	18.1g
of which saturated	0.9g	7.8g
Sodium	89mg	735mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Mild

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	White Basmati Rice <i>rinse</i>
1	1	Onion <i>peel & finely dice ½ [1]</i>
50ml	100ml	Buttermilk
5ml	10ml	Dijon Mustard
1	1	Bell Pepper <i>rinse, deseed & cut ½ [1] into bite-sized pieces</i>
100g	200g	Kale <i>rinse</i>
1	2	Free-range Chicken Breast/s
10ml	20ml	Medium Curry Powder
5ml	10ml	Chicken Stock
5ml	10ml	White Wine Vinegar
10ml	20ml	Apricot Jam
25ml	50ml	Crème Fraîche
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Milk (optional)
Paper Towel

1. BASMATI RICE Preheat the oven to 200°C. Place the rice in a pot with 150ml [300ml] of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. BUTTERMILK BASTING Boil the kettle. In a bowl, combine ¼ of the onion, the buttermilk, the mustard, a drizzle of oil, and seasoning. Set aside.

3. ROASTIN' Spread the pepper on a roasting tray. Coat in oil and season. Roast in the hot oven until charred and softening, 15-20 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 10-12 minutes (shifting halfway). Place the kale in a bowl with a drizzle of olive oil. Using your hands, gently massage until softened and coated. When the pepper has 10 minutes remaining, give the tray a shift and scatter over the dressed kale. Roast for the remaining time.

4. GOLDEN CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover, and fry until cooked through, 4-5 minutes. During the final 2-3 minutes, baste the chicken the buttermilk basting sauce. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. MADRAS SAUCE Dilute the stock with 30ml [60ml] of boiling water. While the chicken is cooking, place a clean pan over medium-high heat with a drizzle of oil. When hot, add the remaining onion and the curry powder (to taste) and fry until golden, 4-5 minutes (shifting occasionally). Stir in the diluted stock and the vinegar and jam, and simmer until reduced and slightly thickened, 4-6 minutes (stirring occasionally). Remove from the heat and mix through the crème fraîche and seasoning. Add a splash of milk (optional) or water if the sauce is too thick.

6. PLATE IT UP! Serve up the steaming rice and top with the golden chicken. Plate the crispy kale and charred pepper on the side and drizzle over the creamy Madras sauce. Garnish it all with the parsley. Tuck in, Chef!