



UCCOOK

Fragrant Butter Chicken

with a buttery naan bread & tomato sambal

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: Morgan Otten

Wine Pairing: Groote Post Winery | Groote Post-Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	570kJ	4337kJ
Energy	136kcal	1038kcal
Protein	7.4g	56.6g
Carbs	18g	135g
of which sugars	2.6g	19.4g
Fibre	1.4g	11g
Fat	3.6g	27.3g
of which saturated	1.4g	10.7g
Sodium	193mg	1465mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Free-range Chicken Breasts
60ml	80ml	Spice & All Things Nice Indian Butter Chicken Curry Paste
225ml	300ml	White Basmati Rice <i>rinse</i>
2	2	Onions <i>peel & finely dice 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
60ml	80ml	Butter Chicken Spice <i>(30ml [40ml] NOMU Indian Rub, 7,5ml [10ml] Ground Turmeric, 15ml [20ml] Ground Coriander & 7,5ml [10ml] Gumin Seeds)</i>
300ml	400ml	Tomato Passata
125ml	160ml	Fresh Cream
2	2	Tomatoes <i>rinse & roughly dice</i>
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>
3	4	Naan Breads

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Butter
Seasoning (salt & pepper)
Paper Towel

1. **TIME TO RICE AND SHINE!** 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 450ml [600ml] 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. **GET IT GOLDEN** 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. **COOK THE CURRY BASE** Return the pot to medium heat with a drizzle of oil. Fry ¾ of the onion until soft, 4-5 minutes (shifting occasionally). Add the garlic, the ginger and the butter chicken curry spice. Fry until fragrant, 1-2 minutes (shifting constantly). Add the tomato passata and 600ml [800ml] of water. Simmer until thickened, 15-20 minutes (stirring occasionally).

4. **A DREAMY CREAMY SAUCE** Once the sauce has thickened, stir through the cream and simmer until starting to thicken, 7-8 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. **SOMEBODY SAY SAMBAL?** In a small bowl, combine the tomatoes, ½ the coriander, the remaining onion (to taste), a drizzle of olive oil, and seasoning.

6. **NAAN COMPARE TO THIS** Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, toast the naan breads until golden brown, 1-2 minutes per side. Cut into quarters.

7. **WARM UP THE BELLY** Bowl up the curry and side with the rice, the sambal, and the golden naans. Garnish with the remaining coriander.