



UCCOOK

Dreamy Creamy Tikka Curry

with wholesome brown rice & toasty almonds

Enjoy the mild, aromatic flavours of India in this easy flavour-packed meal. Tender strips of chicken, curry thickened with almond milk, loaded with spinach, flecked with fresh mint, and paired with nourishing brown basmati rice. Dig the heck in!

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

♥ Health Nut

🍷 Cavalli Estate | Cremello

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Ingredients & Prep

100ml	Brown Basmati Rice
10ml	Spice & All things Tikka Chicken Curry Paste
150g	Free-range Chicken Mini Fillet
10g	Flaked Almonds
1	Onion <i>½ peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
100g	Cooked Chopped Tomato
50ml	Almond Milk
20g	Spinach <i>rinsed</i>
3g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
1	Spring Onion <i>finely sliced</i>

From Your Kitchen

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

1. GET THE BASMATI ROLLIN' Rinse the rice and place in a pot over a medium-high heat. Submerge in 300ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. Drain on completion if necessary and fluff up with a fork.

2. MARINATION STATION In a medium-sized bowl, mix together ½ a tsp of curry paste and a drizzle of oil. Rinse the mini fillets to get rid of any residue from the packet, pat dry with paper towel, and add to the bowl. Toss until coated, season, and set aside to marinate.

3. TOASTY ALMONDS Place the flaked almonds in a large pot over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

4. ONTO THE BASE Return the pot over a medium heat with a drizzle of oil. Fry the diced onion for 2-3 minutes until soft and translucent. Add the grated garlic and the remaining curry paste to taste. Fry for 1-2 minutes until fragrant, shifting constantly. Stir in the cooked chopped tomato and 80ml of water, and bring to a simmer. Pop on a lid and cook for 10-15 minutes until thickened, stirring occasionally.

5. CURRY ON... Once the sauce has thickened, stir through the almond milk and slightly reduce for 2-3 minutes. Stir through the marinated chicken. Cover with the lid and gently simmer for 5-6 minutes until the chicken is cooked through, giving it a stir halfway. During the final minute, stir in the rinsed spinach until wilted. Season to taste and remove from the heat on completion.

6. DIG THE HECK IN! Make a bed of nutty basmati and smother in creamy tikka curry. Garnish with the toasted almond flakes, chopped mint, and sliced spring onion. Good work, Chef!

Nutritional Information

Per 100g

Energy	523kj
Energy	125Kcal
Protein	9.4g
Carbs	16g
of which sugars	1.9g
Fibre	2.7g
Fat	2.6g
of which saturated	0.3g
Sodium	64mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 3
Days