



# UCCOOK

## Balti Chicken Curry

with white basmati rice

Get ready to spice up your weeknight dinners, Chef! Chicken pieces are marinated in a spicy curry paste and cooked until juicy & tender. The curry is made with onion & carrot, grated garlic, and cooked chopped tomato, all simmered together to create a rich sauce. Served on a bed of rice.

---

**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

---

**Serves:** 2 People

---

**Chef:** Thea Richter

---

 **\*NEW Simple & Save**

---

 **Simonsig | Gewürztraminer**

---

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

|       |  |
|-------|--|
| 150ml | White Basmati Rice<br><i>rinsed</i>                                |
| 40ml  | Spice & All Things Nice<br>Balti Curry Paste                       |
| 2     | Free-range Chicken<br>Breasts<br><i>cut into bite-sized pieces</i> |
| 1     | Onion<br><i>peeled &amp; finely diced</i>                          |
| 240g  | Carrot<br><i>rinsed, trimmed &amp; finely<br/>diced</i>            |
| 1     | Garlic Clove<br><i>peeled &amp; grated</i>                         |
| 200g  | Cooked Chopped Tomato  |

## From Your Kitchen

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

**1. GET THE RICE GOING** Place the rinsed rice in a pot with 300ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff up with a fork and cover.

**2. MARINATING...** In a bowl, combine ½ a tsp of curry paste and a drizzle of oil. Pat the chicken pieces dry with paper towel, and add to the bowl. Toss until coated, season, and set aside to marinate.

**3. THE CURRY BASE** Place a pot, for the curry, over medium heat with a drizzle of oil. When hot, fry the diced onion and the diced carrot until browned, 4-5 minutes. Add the grated garlic and the remaining curry paste (to taste). Fry until fragrant, 1-2 minutes (shifting constantly). Stir in the cooked chopped tomato and 150ml of water. Bring to a simmer, pop on a lid, and cook until thickened, 10-12 minutes (stirring occasionally).

**4. FINISH OFF STRONG** Once the sauce has thickened, stir through the chicken pieces. Replace the lid and simmer until the chicken is cooked through, for 3-4 minutes (stirring halfway). Add seasoning and a sweetener. Remove from the heat.

**5. GRUB'S UP!** Make a bed of basmati rice and smother in the balti chicken curry. Nice work, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 442kj   |
| Energy             | 106kcal |
| Protein            | 8.2g    |
| Carbs              | 15g     |
| of which sugars    | 2.5g    |
| Fibre              | 1.4g    |
| Fat                | 1.3g    |
| of which saturated | 0.2g    |
| Sodium             | 131mg   |

## Allergens

Allium, Sulphites

Cook  
within 3  
Days