

# **UCOOK**

### **Balti Chicken Curry**

with white basmati rice

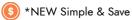
Get ready to spice up your weeknight dinners, Chef! Chicken pieces are marinated in a spicy curry paste and cooked until juicy & tender. The curry is made with onion & carrot, grated garlic, and cooked chopped tomato, all simmered together to create a rich sauce. Served on a bed of rice.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Thea Richter



Simonsig | Gewürztraminer

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### Ingredients & Prep

150ml	White Basmati Rice rinsed
40ml	Spice & All Things Nice Balti Curry Paste
2	Free-range Chicken Breasts cut into bite-sized pieces
1	Onion peeled & finely diced
240g	Carrot rinsed, trimmed & finely diced
1	Garlic Clove

## 200g Cooked Chopped Tomato

peeled & grated

#### 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.
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  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

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Energy	106kca
Protein	8.2g
Carbs	15g
of which sugars	2.59
Fibre	1.4g
Fat	1.3g
of which saturated	0.2g
Sodium	131mg

### Allergens

Allium, Sulphites

Cook
within 3
Days

442kl