



UCOOK

Curried Fried Chicken & Coconut Greens

with a chutney glaze & toasted coconut flakes

Curry-infused chicken fried to perfection and glazed with sticky chutney. Sided with coconut flavoured greens and topped with coconut flakes for texture!

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

 Easy Peasy

 Robertson Winery | Sauvignon Blanc

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Ingredients & Prep

75ml	White Basmati Rice
2	Free-range Chicken Drumsticks
40ml	Cake Flour
10ml	NOMU Tandoori Rub
10g	Coconut Flakes
1	Onion <i>½ peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
10ml	Coconut Sugar
100g	Spinach <i>rinsed & roughly shredded</i>
100ml	Coconut Cream
30ml	Mrs Balls Chutney

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)
Paper Towel

1. FLUFFED UP RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 150ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. CURRY-FIED FRIED CHICKEN Pat the chicken drumsticks dry with some paper towel. Place in a bowl with the flour, $\frac{3}{4}$ of the rub and some seasoning. Toss until fully coated. Place a pot over a medium high heat and fill with enough oil to fully submerge the chicken. When hot, dust off any excess flour from the chicken drumsticks and carefully lower one by one into the hot oil. Fry for 10-15 minutes until cooked through and crispy, flipping halfway. Remove on completion and drain between sheets of paper towel in a single layer.

3. TOASTED COCONUT Place the coconut flakes in a large pan over a medium heat. Toast for 2-4 minutes until lightly golden, shifting occasionally. Remove from the pan on completion and set aside to cool.

4. CREAMY COCONUT GREENS Return the pan to a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the diced onion for 3-4 minutes until soft and translucent, shifting occasionally. Add the remaining rub, the grated garlic, and the coconut sugar. Fry for 1 minute until fragrant, shifting constantly. Add the shredded spinach, and sauté for 2-3 minutes, until wilted. Pour in the coconut cream, and mix until fully combined. Remove from the pan, season to taste, and cover to keep warm.

5. CHUTNEY GLAZE Return the pan, wiped down if necessary, to a medium heat. Add the chutney. Loosen with water in 5ml increments until slightly loosened. Add the fried chicken and toss until fully coated.

6. SOUL FOOD IS SERVED! Make a bed of the fluffy rice. Top with the creamy coconut spinach, and side with the golden glazed fried chicken. Sprinkle over the toasted coconut flakes. Currylicious!

Nutritional Information

Per 100g

Energy	786kj
Energy	188Kcal
Protein	7.2g
Carbs	23g
of which sugars	6.3g
Fibre	2.5g
Fat	7.4g
of which saturated	4.6g
Sodium	7mg

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within 3
Days