



UCOOK

Coconut Chicken Curry

with toasted coconut flakes & peas

As the enticing aromas of this coconut chicken curry fill your kitchen, get ready to hear a lot of 'Please hurry with the curry', Chef! Over a bed of fluffy white basmati rice comes spoonfuls of an intricate coconut milk curry base, tinged red by tangy tomato paste and spiced up with a special UCOOK curry mix. Finished with juicy browned chicken pieces and toasted coconut flakes.

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Kate Gomba

 Simple & Save

 Painted Wolf Wines | The Pack Blacktip
Mourvedre 2020

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Ingredients & Prep

300ml	White Basmati Rice <i>rinse</i>
30g	Coconut Flakes
450g	Free-range Chicken Mini Fillets <i>pat dry & cut into 1cm cubes</i>
2	Onions <i>peel & roughly dice 1½</i>
60ml	Curry Powder <i>(45ml NOMU Indian Rub & 15ml Dried Chilli Flakes)</i>
90ml	Tomato Paste
300ml	Coconut Milk
150g	Peas

From Your Kitchen

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

1. RICE Place the rinsed rice in a pot with 600ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. COCONUT FLAKES Place the coconut flakes in a pan over medium heat. Toast until golden, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. BROWN THE CHICKEN Return the pan to high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the chicken pieces until lightly golden but not cooked through, 30-60 seconds per side.

4. CURRY Return the pan with all the pan juices to medium heat. When hot, fry the diced onions until soft and translucent, 5-6 minutes. Add the curry powder and the tomato paste, and fry until fragrant, 1-2 minutes. Pour in the coconut milk and 150ml of water. Reduce the heat and simmer until slightly reduced, 8-10 minutes. In the final, 2-3 minutes, add the peas and the browned chicken. Loosen with a splash of water if it's too thick. Remove from the heat, add a sweetener, and season.

5. TIME TO DINE Make a bed of the fluffy rice, pour over the coconut curry, and sprinkle over the toasted coconut flakes. Well done, Chef!

Nutritional Information

Per 100g

Energy	652kj
Energy	156kcal
Protein	9.1g
Carbs	19g
of which sugars	2.6g
Fibre	2g
Fat	4.8g
of which saturated	3.6g
Sodium	115mg

Allergens

Allium, Sulphites

Cook
within 3
Days