



UCCOOK

Balti Chicken Curry

with cashew nuts, coconut cream & spring onion

Have you been craving a smooth, aromatic lively chicken curry? This coconut cream thickened, spinach loaded, spring onion flecked, black rice based shibang is just the dish to satiate that very desire. Jazzed up with a crunch of buttery cashews and oh me, oh my, you're good to go!

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Thea Richter

♥ Health Nut

🍷 Cavalli Estate | Filly

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Ingredients & Prep

225ml	Black Rice
30ml	Spice & All Things Nice Balti Curry Paste
45g	Cashew Nuts
2	Onions <i>peeled & finely diced</i>
360g	Carrot <i>rinsed, trimmed & finely diced</i>
3	Garlic Cloves <i>peeled & grated</i>
2	Fresh Chillies <i>deseeded & roughly chopped</i>
300g	Cooked Chopped Tomato
300ml	Coconut Cream
3	Free-range Chicken Breasts <i>cut into bite sized pieces</i>
150g	Spinach <i>rinsed & roughly shredded</i>
3	Spring Onions <i>finely sliced</i>

From Your Kitchen

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

1. GET THE RICE GOING Rinse the rice and place in a pot with 900ml of salted water. Pop on a lid and place over a medium heat. Once boiling, reduce the heat and simmer for 30-35 minutes until the water has been absorbed. If it starts to dry out, add more water in small increments to continue cooking. On completion, it should be tender but bouncy. Remove from the heat and drain if necessary. Cover with the lid and set aside until serving.

2. MARINATING & TOASTING In a large bowl, mix together ½ 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. Place the cashews in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

3. THE CURRY BASE Place a pot for the curry over a medium heat with a drizzle of oil. When hot, fry the diced onion and diced carrot for 2-3 minutes until soft and translucent. Add the grated garlic, the remaining curry paste and some chopped chilli, both to taste. Fry for 30-60 seconds until fragrant, shifting constantly. Stir in the cooked chopped tomato and 200ml of water. Bring to a simmer, pop on a lid, and cook for 12-15 minutes until thickened, stirring occasionally.

4. THINGS ARE ABOUT TO GET CREAMY Once the sauce has thickened, stir through the coconut cream and chicken pieces. Replace the lid and simmer for 7-8 minutes until the chicken is cooked through, giving it a stir halfway. During the final 1-2 minutes, stir through the shredded spinach and cook until wilted. Season to taste and remove from the heat on completion.

5. GRUB'S UP! Make a bed of black rice and smother in creamy balti chicken curry. Garnish with the toasted cashew nuts, sliced spring onion and any remaining chilli. Wow, Chef!



Chef's Tip

In Ancient China, black rice was believed to be superior to other types of rice due to its medicinal properties. During cooking, black rice releases a natural black dye, so we advise using a stainless steel pot.

Nutritional Information

Per 100g

Energy	510kJ
Energy	122Kcal
Protein	7.1g
Carbs	12g
of which sugars	2.5g
Fibre	2.2g
Fat	4.7g
of which saturated	2.7g
Sodium	138mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 3
Days