



# UCOOK

## Masala Chicken & Bombay Potatoes

with homemade raita, green beans & crispy onions

This crispy masala-marinated chicken and Bombay-spiced potatoes are bursting full of flavours. When you pair that with vibrant green beans, a homemade raita, fresh leaves and mint, it's fair to say you are about to cook up a sensational flavour storm!

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**Hands-On Time:** 40 minutes

**Overall Time:** 60 minutes


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**Serves:** 4 People


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**Chef:** Ella Nasser

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 Easy Peasy

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 Haute Cabrière | Pinot Noir Unwooded

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## Ingredients & Prep

30ml	NOMU Garam Masala
240ml	Plain Yoghurt
4	Free-range Chicken Breasts
800g	Baby Potatoes <i>halved</i>
30ml	NOMU Indian Rub
15g	Fresh Mint <i>rinsed, picked &amp; finely chopped</i>
200g	Cucumber <i>roughly diced</i>
320g	Green Beans <i>rinsed, trimmed &amp; sliced into thirds</i>
4	Garlic Cloves <i>peeled &amp; grated</i>
80g	Green Leaves <i>rinsed</i>
40ml	Crispy Onions

## From Your Kitchen

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

**1. GARAM MASALA CHICKEN** Preheat the oven to 200°C. Mix together a drizzle of oil, seasoning, the garam masala, and 1 ½ tbsp of yoghurt in a bowl. Add the chicken breasts and toss until fully coated in the marinade. Leave to marinate for at least 10-15 minutes.

**2. BOMBAY POTATO TIME!** Spread out the halved baby potatoes on a roasting tray in a single layer. To make sure they do get crispy, don't overcrowd the tray — use two trays if necessary! Coat in oil, the Indian rub, and some seasoning. Roast in the hot oven for 30-35 minutes until crispy on the outside and soft on the inside, shifting halfway.

**3. DIY RAITA** In a small bowl, mix the remaining yoghurt, chopped mint, diced cucumber, and seasoning.

**4. CRISP CHICKEN** When the potatoes have 10-15 minutes remaining, place a non-stick pan over a medium-high heat with a drizzle of oil. When hot, fry the marinated chicken skin side down for 2-3 minutes until the skin is crispy. Remove from the heat and add to the tray of potatoes. Roast for the remaining 5-6 minutes until the chicken is cooked through. On completion, remove from the oven and allow the chicken to rest for 5 minutes before slicing and seasoning.

**5. GARLICKY GREENS** Return the pan to a medium-high heat with another drizzle of oil, if necessary. Once hot, add the green beans slices and fry for 3-4 minutes until tender. Add the grated garlic and a splash of water and fry for 1-2 minutes until fragrant, shifting constantly.

**6. BOLLYWOOD FEAST** Serve the Bombay potatoes alongside the chicken slices. Spoon over the homemade raita. Make a bed of the rinsed green leaves, top with the garlicky green beans, and sprinkle over crispy onions. Delish, Chef!

## Nutritional Information

Per 100g

Energy	370kJ
Energy	88Kcal
Protein	8.2g
Carbs	9g
of which sugars	1.5g
Fibre	1.7g
Fat	1.8g
of which saturated	0.7g
Sodium	83mg

## Allergens

Gluten, Dairy, Allium, Wheat

Cook  
within 2  
Days