



UCCOOK

Delicious Apricot Chicken

with fluffy basmati rice, kale & carrots

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Sophie Germanier Organic | Sophie Germanier Chardonnay Organic

Nutritional Info	Per 100g	Per Portion
Energy	487kJ	3535kJ
Energy	117kcal	846kcal
Protein	7.2g	51.9g
Carbs	16g	117g
of which sugars	3g	21.5g
Fibre	2g	14.6g
Fat	2.7g	19.3g
of which saturated	1.2g	8.7g
Sodium	104mg	758mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1		[Serves 2]
100ml	200ml	White Basmati Rice <i>rinse</i>
120g	240g	Carrot <i>trim, peel & cut into small bite-sized pieces</i>
100g	200g	Kale <i>rinse & roughly shred</i>
1	1	Onion <i>peel & finely dice</i>
50ml	100ml	Buttermilk
5ml	10ml	Dijon Mustard
1	2	Free-range Chicken Breast/s
5ml	10ml	Chicken Stock
10ml	20ml	Medium Curry Powder
15ml	30ml	Vinegar & Jam <i>(5ml [10ml] White Wine Vinegar & 10ml [20ml] Apricot Jam)</i>
30ml	60ml	Crème Fraîche
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Milk (optional)
Paper Towel
Butter
Seasoning (salt & pepper)

1. BASMATI RICE Place the rice in a pot with 200ml [400ml] 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 set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. CARROTS & KALE Place a pan (with a lid) over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the carrot until starting to brown and soften, 5-8 minutes. Add the kale, ¼ of the onion, and fry until soft, and wilted, 3-4 minutes. Remove from the pan, season, and cover.

3. BASTING SAUCE Boil the kettle. In a bowl, combine the buttermilk and the mustard.

4. CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 3-4 minutes. Flip, cover, and fry until cooked through, 3-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the basting sauce. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. MADRAS SAUCE Dilute the stock with 30ml [60ml] of boiling water. While the chicken is cooking, place a clean pan over medium-high heat with a drizzle of oil. When hot, add the remaining onion and the curry powder (to taste) and fry until golden, 4-5 minutes (shifting occasionally). Stir in the diluted stock and the vinegar & jam mixture, and simmer until reduced and slightly thickened, 4-6 minutes (stirring occasionally). Remove from the heat and mix through the crème fraîche and seasoning. Add a splash of milk (optional) or water if the sauce is too thick.

6. TIME TO EAT Plate up the fluffy rice, spoon over the madras sauce, and top with the chicken slices. Side with the carrot & kale mixture and garnish with the parsley. Good job, Chef!