



UCCOOK

Ultimate Chicken Curry

with coriander yoghurt & toasted roti

An easy, wholesome, and delicious weeknight dinner! There is little effort needed, but the results will make it seem as if you spent hours in the kitchen. Creaminess, spiciness, saltiness, sweetness, and tanginess are all present in this amazing curry. Enjoy a big bowl of yum!


Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 3 People

Chef: Megan Bure

 Quick & Easy

 Niel Joubert | Grüner Veltliner

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Ingredients & Prep

2	Onions <i>1½ peeled & roughly diced</i>
2	Fresh Chillies <i>deseeded & roughly sliced</i>
75ml	Tomato-curry Paste <i>(45ml Massaman Curry Paste & 30ml Tomato Paste)</i>
3	Free-range Chicken Leg Quarters <i>drum & thigh separated</i>
750g	Potato Chunks
300g	Cooked Chopped Tomato
125ml	Low Fat Plain Yoghurt
12g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
2	Lemons <i>1½ cut into wedges</i>
240g	Carrot <i>1½ peeled (optional) & grated</i>
3	Whole Wheat Rotis

From Your Kitchen

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

1. BRING THE SPICE Place a pot over a medium heat with a drizzle of oil. When hot, fry the diced onion for 6-8 minutes until soft and translucent, shifting occasionally. Add the sliced chilli (to taste) and tomato-curry paste. Fry for a minute until fragrant, shifting constantly. Add the chicken pieces and fry for 2-3 minutes per side, until browned. Add the potato chunks, the cooked chopped tomato, and 900ml of water, adding more if necessary. Mix until fully combined. Leave to simmer for 20-25 minutes, until the chicken is cooked through and the potatoes are soft.

2. TAKE THE HEAT OFF In a small bowl, combine the yoghurt with ½ the chopped coriander and seasoning. In a separate bowl, combine the grated carrot, the juice from 3 lemon wedges, ½ the remaining coriander, a sweetener of choice (to taste), and seasoning.

3. TOAST THEM UP Place a clean pan over a medium heat. When hot, warm the rotis for 30-60 seconds per side until heated through and lightly toasted. Alternatively, spread them out on a plate in a single layer and heat up in the microwave for 30-60 seconds. Once heated, stack on a plate on top of one another and cover with a tea towel to keep warm.

4. TIME TO NOM! Dish up a bowl of the delicious chicken curry. Dollop over the creamy coriander yoghurt and serve the carrot salsa on the side. Sprinkle over the remaining coriander and side with the warmed rotis. Serve any remaining lemon wedges on the side.

Nutritional Information

Per 100g

Energy	467kJ
Energy	112Kcal
Protein	7.4g
Carbs	12g
of which sugars	2.7g
Fibre	1.7g
Fat	4.1g
of which saturated	1g
Sodium	125mg

Allergens

Gluten, Dairy, Allium, Wheat, Soy

Cook
within 3
Days