



UCCOOK

Coconut Chicken Curry

with roasted butternut & bell pepper

Hands-on Time: 40 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	262kj	1973kj
Energy	63kcal	472kcal
Protein	5.5g	41g
Carbs	5g	39g
of which sugars	2g	18g
Fibre	1g	9g
Fat	2.4g	17.9g
of which saturated	1.6g	12.4g
Sodium	117.1mg	881.6mg

Allergens: Allium, Sulphites, Fish, Shellfish

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Butternut Chunks
450g	600g	Free-range Chicken Mini Fillets
2	2	Bell Peppers <i>rinse, deseed & dice 1½ [2]</i>
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
30ml	40ml	Curry Powder <i>(15ml [20ml] Ground Cumin & 15ml [20ml] NOMU Indian Rub)</i>
300g	400g	Cooked Chopped Tomato
8g	10g	Fresh Coriander <i>rinse & roughly chop</i>
15ml	20ml	Fish Sauce
300ml	400ml	Coconut Milk

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray

1. ROAST BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Lightly coat in cooking spray and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. FRY THE CHICKEN Place a pan over medium heat and lightly add cooking spray. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan, season, and set aside.

3. CURRY-LICIOUS Return the pan to medium heat. Fry the pepper until slightly charred, 3-4 minutes, shifting as it colours. Remove from the pan and set aside. Fry the onion until golden, 5-6 minutes (shifting occasionally). Add the curry powder and fry until fragrant, 1-2 minutes (shifting occasionally). Add the cooked chopped tomato, ½ the coriander, the fish sauce and 300ml [400ml] of water. Season and simmer for 10-12 minutes (shifting occasionally).

4. CREAMY COCONUT MILK Add the chicken back to the pan with the coconut milk and the pepper and allow to cook through, 3-4 minutes (shifting occasionally). Remove the curry from the heat and mix through the butternut.

5. SAVOUR THE FLAVOUR Bowl up this warm and rich curry, and garnish with the remaining coriander. And there you have it, dinner is ready, Chef!