



UCOOK

Tasty Tikka Coconut Chicken Curry

with toasted rotis

A combination of curry, coconut, and chicken that is difficult to say 'no' to, Chef! Spice & All Things Nice Tikka Curry Paste brings the heat, coconut milk the cooling balance, and golden chicken breast pieces, sweet corn, & baby marrow rounds the satisfaction. Garnished with peppery fresh basil and chilli for an extra kick.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Samantha du Toit

Fan Faves

Cathedral Cellar Wines | Cathedral Cellar-Pinotage 2020

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Ingredients & Prep

3	Free-range Chicken Breasts <i>cut into bite-sized pieces</i>
2	Onions <i>peel & roughly slice 1½</i>
125ml	Spice & All Things Nice Tikka Curry Paste
300g	Baby Marrow <i>rinse, trim & cut into 1cm thick rounds</i>
120g	Corn
300ml	Coconut Milk
6	Rotis
8g	Fresh Basil <i>rinse, pick & finely slice</i>
3	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>

From Your Kitchen

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

1. GOLDEN CHICKEN Place a pot over medium heat with a drizzle of oil. 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 pot, season, and set aside.

2. CURRY & COCONUT Return the pot to medium heat with a drizzle of oil. When hot, fry the sliced onion until golden, 6-7 minutes (shifting occasionally). Add the curry paste and a knob of butter, and fry until fragrant, 1-2 minutes. Add the baby marrow rounds and the corn, and fry until charred, 3-4 minutes. Add the coconut milk and simmer until slightly thickened, 6-8 minutes. Mix through the cooked chicken pieces and season.

3. READY THE ROTIS Place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

4. SUMMER SENSATION Bowl up the saucy summer curry and side with the toasted rotis. Garnish with the sliced basil and the sliced chilli (to taste). Delicious, Chef!

Nutritional Information

Per 100g

Energy	591kJ
Energy	141kcal
Protein	7.9g
Carbs	16g
of which sugars	3.8g
Fibre	2.7g
Fat	4.5g
of which saturated	2g
Sodium	168mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy, Cow's Milk

Eat
Within
3 Days