



# 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.

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 3 People

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**Chef:** Samantha du Toit

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Fan Faves

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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 &amp; roughly slice 1½</i>
125ml	Spice & All Things Nice Tikka Curry Paste
300g	Baby Marrow <i>rinse, trim &amp; cut into 1cm thick rounds</i>
120g	Corn
300ml	Coconut Milk
6	Rotis
8g	Fresh Basil <i>rinse, pick &amp; finely slice</i>
3	Fresh Chillies <i>rinse, trim, deseed &amp; 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**