



UCOOK

Masala Chicken & Bombay Potatoes

with homemade raita, green beans & crispy onions

This crispy masala-marinated chicken and Bombay-spiced potatoes are bursting full of flavours. When you pair that with vibrant green beans, a homemade raita, fresh leaves and mint, it's fair to say you are about to cook up a sensational flavour storm!

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Ella Nasser

 Easy Peasy

 Haute Cabrière | Pinot Noir Unwooded

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Ingredients & Prep

7,5ml	NOMU Garam Masala
65ml	Plain Yoghurt
1	Free-range Chicken Breast
200g	Baby Potatoes <i>halved</i>
7,5ml	NOMU Indian Rub
4g	Fresh Mint <i>rinsed, picked & finely chopped</i>
50g	Cucumber <i>roughly diced</i>
80g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
1	Garlic Clove <i>peeled & grated</i>
20g	Green Leaves <i>rinsed</i>
10ml	Crispy Onions

From Your Kitchen

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

1. GARAM MASALA CHICKEN Preheat the oven to 200°C. Mix together a drizzle of oil, seasoning, the garam masala, and 1 tsp of yoghurt in a bowl. Add the chicken breast and toss until fully coated in the marinade. Leave to marinate for at least 10-15 minutes.

2. BOMBAY POTATO TIME! Spread out the halved baby potatoes on a roasting tray in a single layer. Coat in oil, the Indian rub, and some seasoning. Roast in the hot oven for 25-30 minutes until crispy on the outside and soft on the inside, shifting halfway.

3. DIY RAITA In a small bowl, mix the remaining yoghurt, chopped mint, diced cucumber, and seasoning.

4. CRISP CHICKEN When the potatoes have 10-15 minutes remaining, place a non-stick pan over a medium-high heat with a drizzle of oil. When hot, fry the marinated chicken skin side down for 2-3 minutes until the skin is crispy. Remove from the heat and add to the tray of potatoes. Roast for the remaining 5-6 minutes until the chicken is cooked through. On completion, remove from the oven and allow the chicken to rest for 5 minutes before slicing and seasoning.

5. GARLICKY GREENS Return the pan to a medium-high heat with another drizzle of oil, if necessary. Once hot, add the green beans slices and fry for 2-3 minutes until tender. Add the grated garlic and a splash of water and fry for 1-2 minutes until fragrant, shifting constantly.

6. BOLLYWOOD FEAST Serve the Bombay potatoes alongside the chicken slices. Spoon over the homemade raita. Make a bed of the rinsed green leaves, top with the garlicky green beans, and sprinkle over crispy onions. Delish, Chef!

Nutritional Information

Per 100g

Energy	370kJ
Energy	88Kcal
Protein	8.2g
Carbs	9g
of which sugars	1.5g
Fibre	1.7g
Fat	1.8g
of which saturated	0.7g
Sodium	83mg

Allergens

Gluten, Dairy, Allium, Wheat

Cook
within 2
Days