



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: 30 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Ella Nasser

 Easy Peasy

 Haute Cabrière | Pinot Noir Unwooded

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Ingredients & Prep

15ml	NOMU Garam Masala
1	Yoghurt Plain
2	Free-range Chicken Breasts
400g	Baby Potatoes <i>halved</i>
15ml	NOMU Indian Rub
8g	Fresh Mint <i>rinsed, picked & finely chopped</i>
100g	Cucumber <i>roughly diced</i>
160g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
2	Garlic Cloves <i>peeled & grated</i>
40g	Green Leaves <i>rinsed</i>
20ml	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 2 tsp of yoghurt in a bowl. Add the chicken breasts 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