



UCOOK

Chickpea & Chicken Curry

with millet

On a bed of steaming millet lies a generous helping of chicken curry. Chickpeas, fresh ginger & coriander elevate this simple, stovetop-only dish to delish.

Hands-on Time: 55 minutes

Overall Time: 65 minutes

Serves: 4 People

Chef: Morgan Otten

Simple & Save

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc

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Ingredients & Prep

400ml	Millet
600g	Free-range Chicken Mini Fillets
40g	Fresh Ginger <i>peel & grate</i>
80ml	Spice & All Things Nice Cape Malay Curry Paste
400g	Cooked Chopped Tomato
240g	Chickpeas <i>drain & rinse</i>
10g	Fresh Coriander <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. MAKE THE MILLET Place the millet in a pot over medium heat. Toast until fragrant, 2-4 minutes (shifting occasionally). Add 600ml of salted water and a drizzle of olive oil. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 10-12 minutes. Fluff with a fork and cover.

2. 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 pan, season, and set aside.

3. HURRY WITH THE CURRY Return the pot to medium heat with a drizzle of oil. When hot, fry the grated ginger and the curry paste until fragrant, 1-2 minutes (shifting constantly). Add the cooked chopped tomato, the rinsed chickpeas, and 300ml of water. Bring to a boil and simmer until thickened, 15-17 minutes (stirring occasionally). In the final 1-2 minutes, add the cooked chicken and simmer until heated through. Add ½ the picked coriander, a sweetener (to taste), and seasoning.

4. ENJOY Plate up the millet and top with the chicken & chickpea curry. Garnish with the remaining coriander. Wow, Chef!

Nutritional Information

Per 100g

Energy	680kJ
Energy	163kcal
Protein	12.2g
Carbs	21g
of which sugars	1.4g
Fibre	3.2g
Fat	2.9g
of which saturated	0.3g
Sodium	157mg

Allergens

Allium

Eat
Within
2 Days