



UCOOK

Butter Chicken Mince Curry

with naan bread & fluffy rice

Nothing quite satisfies the taste buds like a flavourful butter chicken curry. Sided with rice, buttery garlic naan bread, and a refreshing sambal. Now go on, hurry and start the curry!

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Morgan Offen

 Quick & Easy

 KWV - The Mentors | KWV The Mentors
Chenin Blanc 2021

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Ingredients & Prep

75ml	White Basmati Rice <i>rinse</i>
1	Onion
1	Garlic Clove
10g	Fresh Ginger
1	Tomato
3g	Fresh Coriander
150g	Free-range Chicken Mince
20ml	Butter Chicken Spice <i>(10ml NOMU Garam Masala Rub, 2,5ml Ground Turmeric, 5ml Ground Coriander & 2,5ml Cumin Seeds)</i>
100ml	Tomato Passata
100ml	Fresh Cream
1	Naan Bread

From Your Kitchen

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

1. RICE Place the rinsed rice in a pot with 150ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. PREP Peel ½ the onion and roughly dice. Peel and grate the garlic. Peel and grate the ginger. Rinse and roughly dice the tomato. Rinse, pick, and roughly chop the coriander.

3. GOLDEN CHICKEN Place a pot over medium-high heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Fry until lightly golden, 2-3 minutes (shifting occasionally). Remove from the pot and set aside.

4. CREAMY BUTTER SAUCE Return the pot to medium heat with a drizzle of oil. When hot, fry ¾ of the diced onion until soft, 3-4 minutes (shifting occasionally). Add ¾ of the grated garlic, the grated ginger, and the butter chicken spice. Fry until fragrant, 1-2 minutes (shifting constantly). Add the tomato passata, the cream, and 50ml of water. Bring to a simmer and cook until thickened, 12-15 minutes (stirring occasionally). In the final 1-2 minutes, add the fried chicken mince. Loosen with a splash of water if necessary. Add a sweetener and seasoning.

5. SOMEBODY SAY SAMBAL? In a small bowl, combine the diced tomatoes, ½ the chopped coriander, the remaining onion (to taste), a drizzle of olive oil, and seasoning. Set aside in the fridge.

6. GARLIC NAAN Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, mix through the remaining garlic until fragrant, 30 seconds-1 minute (shifting constantly). Add the naan and toast until golden, 1-2 minutes per side. Remove from the heat and cut into squares.

7. WARM UP THE BELLY Make a bed of the rice and top with the creamy butter chicken mince. Side with the buttery naan and the sambal. Garnish with the remaining coriander.

Nutritional Information

Per 100g

Energy	569kJ
Energy	136kcal
Protein	5.7g
Carbs	11g
of which sugars	3g
Fibre	1.5g
Fat	7.7g
of which saturated	3.8g
Sodium	104mg

Allergens

Gluten, Allium, Wheat, Cow's Milk

Cook
within 1
Day