



# UCCOOK

## Mouthwatering Madras Chicken

**with fluffy basmati rice, kale & carrots**

This is no ordinary combination of chicken, rice & veg, Chef. From the first bite, you will be salivating for more as you savour the fluffy grains of basmati rice, covered in a currylicious Indian Madras sauce. Juicy chicken slices with a buttermilk & mustard basting, a buttery carrot & earthy kale medley, and fresh parsley complete the dish.

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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Fan Faves

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Neil Ellis Wines | Neil Ellis Groenekloof Syrah

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## Ingredients & Prep

400ml	White Basmati Rice <i>rinse</i>
480g	Carrot <i>trim, peel &amp; cut into small bite-sized pieces</i>
400g	Kale <i>rinse &amp; roughly shred</i>
2	Onions <i>peel &amp; finely dice</i>
200ml	Buttermilk
20ml	Dijon Mustard
4	Free-range Chicken Breasts
20ml	Chicken Stock
40ml	Medium Curry Powder
60ml	Vinegar & Jam <i>(20ml White Wine Vinegar &amp; 40ml Apricot Jam)</i>
125ml	Crème Fraîche
10g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Milk (optional)  
Paper Towel  
Butter

**1. BASMATI RICE** Place the rinsed rice in a pot with 600ml of salted water. Cover 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. CARROTS & KALE** Place a pan (with a lid) over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the carrot pieces until starting to brown and soften, 5-8 minutes. Add the shredded kale, ¼ of the diced onion, and fry until soft, and wilted, 4-5 minutes. Remove from the pan, season, and cover.

**3. BASTING SAUCE** Boil the kettle. In a bowl, combine the buttermilk and the mustard.

**4. CHICKEN** Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 3-4 minutes. Flip, cover, and fry until cooked through, 3-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the basting sauce. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**5. MADRAS SAUCE** Dilute the stock with 120ml of boiling water. While the chicken is cooking, place a clean pan over medium-high heat with a drizzle of oil. When hot, add the remaining diced onion and the curry powder (to taste) and fry until golden, 6-7 minutes (shifting occasionally). Stir in the diluted stock and the vinegar & jam mixture, and simmer until reduced and slightly thickened, 6-8 minutes (stirring occasionally). Remove from the heat and mix through the crème fraîche and seasoning. Add a splash of milk (optional) or water if the sauce is too thick.

**6. TIME TO EAT** Plate up the fluffy rice, spoon over the madras sauce, and top with the chicken slices. Side with the carrot & kale mixture and garnish with the chopped parsley. Good job, Chef!

## Nutritional Information

Per 100g

Energy	496kJ
Energy	119kcal
Protein	7.3g
Carbs	17g
of which sugars	3g
Fibre	2.1g
Fat	2.6g
of which saturated	1.2g
Sodium	107mg

## Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites

Eat  
Within  
3 Days