

SPRING VEG PILAU WITH GREEN CHUTNEY

GOES GREAT WITH...
Mint raita (p214)
from How to Be
a Curry Legend,
or natural yogurt
to serve

EXTRAS
#59

ALSO WORKS A TREAT WITH...


- Mint instead of coriander in the chutney

RAISE YOUR GAME BY...

- Adding a pinch of saffron in with the rice



SPRING VEG PILAU WITH GREEN CHUTNEY

Prep 30 mins	Cook 50 mins
Heat 	Serves 4

This month we've got a simple pilau rice full of delicious spring vegetables with a tangy, spicy green chutney on the side. It makes a really satisfying one-pot meal and you can use any mix of veg you have to hand - it's the perfect way to celebrate the arrival of spring with some great Curry Legend flavours!

500g **diced chicken** (thighs are best) or use 1 medium **cauliflower** broken into large florets for a veg version

1 **bunch of spring onions** - thinly sliced

4 **cloves of garlic** - thinly sliced

1 **green chilli** (optional) - roughly chopped (seeds removed if you prefer less heat)

300g mixture of **spring veg** (eg asparagus, tenderstem broccoli, peas, baby spinach etc) - cut into bite-size pieces if large

20g **bunch of coriander** - roughly chopped

1 **lemon**

75g **cashew nuts** or **flaked**

almonds - 1/3 roughly chopped, 2/3 left whole

250g **basmati** or **standard long grain rice**

3 tsp



HALDI BLEND

3 tsp



JEERA BLEND

2 tsp



MIRCHI BLEND

1 Blend the roughly chopped cashew nuts with 1/4 of the garlic, the green chilli (if using), coriander, juice of 1/2 the lemon, 75ml water, 2 tsp **METHI BLEND** and 1/4 tsp salt to a smooth sauce

2 Fry the remaining garlic and the whole cashew nuts in 2 tbsp oil for 2 minutes or until the garlic is just starting to turn golden and crispy. Remove from the pan and leave to one side

3 Add 1 tbsp extra oil then fry the chicken with the spring onions, 3 tsp **JEERA BLEND** and 1/2 of the green sauce for 10 minutes or until the chicken is cooked around the edges

4 Add the rice, 3 tsp **HALDI BLEND**, 1 tsp salt and 450ml water then cover and simmer for 5 minutes or until the rice is just cooked around the edges and most of the liquid has been absorbed

5 Stir in the spring veg then cover and cook for another 10 minutes or until the rice is soft and all the liquid has been absorbed

6 Leave to stand with the lid on for 5 minutes, then sprinkle the fried garlic and cashew nuts on top

7 Serve with the remaining green chutney and remaining 1/2 lemon cut into wedges on the side