

# SEMIYA UPMA

GOES GREAT WITH...

Green chutney  
(p201) and onion  
salad (p176) from  
How to be a  
Curry Legend



EXTRAS  
#60

## ALSO WORKS A TREAT WITH...

- Dried egg noodles or spaghetti

## RAISE YOUR GAME BY...

Marinating the chicken several hours in advance



# SEMIYA UPMA

These fried noodles are a popular breakfast dish in South India, but of course, curry-spiced noodles make a great meal at any time of the day! Frying the dry semiya (vermicelli) in advance adds a deep, nutty flavour, and helps to keep the noodles separate in this really easy and satisfying Curry Legend meal.

<b>Prep</b> 25 mins	<b>Cook</b> 40 mins
<b>Heat</b> 	<b>Serves</b> 4

500g **diced chicken** (thighs are best) or use **paneer** for a veg version

2 **carrots** - peeled and finely chopped

100g **peas** (fresh or frozen)

15g **bunch of coriander** (optional) - finely chopped

1 **onion** - finely chopped

2 **tomatoes** - finely chopped

1 **lemon**

50g **unsalted cashew nuts** or **flaked almonds**

250g **dried vermicelli** pasta - broken into 2-3cm lengths

3 tsp



**HALDI BLEND**

2 tsp



**JEERA BLEND**

2 tsp



**METHI BLEND**

1 tsp



**MIRCHI BLEND**

**1** Mix the chicken with the juice of  $\frac{1}{2}$  the lemon, 1 tsp **MIRCHI BLEND**, 1 tsp **METHI BLEND**, 1 tsp **HALDI BLEND** and  $\frac{1}{2}$  tsp salt. Leave to marinate

**2** Toast the cashews in a large, lidded pan for 1 minute or until golden brown all over (be careful - they burn easily!) then remove and leave to one side

**3** In the same pan, fry the broken vermicelli in 3 tbsp oil for 3 minutes, stirring frequently, or until coated in oil and starting to turn nutty-brown in colour. Remove from the pan and leave to one side

**4** Add an extra 1 tbsp oil to the pan then fry the carrots, onion and 2 tsp **JEERA BLEND** for 5 minutes or until slightly softened. Add the chicken (including all the marinade), tomatoes, fried vermicelli, 2 tsp **HALDI BLEND**, 1 tsp **METHI BLEND** and 1 tsp salt then mix well

**5** Add 500ml water then cover and cook for 20 minutes or until the chicken is cooked through, the vermicelli is cooked and all the liquid has been absorbed, stirring occasionally

**6** Stir in the peas, then re-cover and leave off the heat for 5 minutes to absorb the steam

**7** Squeeze over the juice of the remaining  $\frac{1}{2}$  lemon, then serve with the toasted cashews and coriander (if using) sprinkled on top