

CHICKEN PILAU

A classic on Indian restaurant menus, pilau is a dish of rice cooked together with buttery fried onions and lots of spices to create a deliciously fragrant dish. Here we're adding marinated chicken to make a delicious, hearty meal.

Prep
15 min

Cook
35 min

Heat


Serves
4

500g **diced chicken**

2 **onions** - thinly sliced

2 cloves of **garlic** - finely chopped

10g **bunch of coriander** - finely chopped

Fresh ginger - finely

chopped to make 2 tsp

1 **lemon**

25g **butter**

100g **full fat natural yogurt** (not Greek yogurt or set yogurt)

25g **flaked almonds**

300g **basmati** or **standard long grain rice** (not easy cook)

1 tsp



JEERA BLEND

½ tsp



MIRCHI BLEND

2 tsp



METHI BLEND

3 tsp



HALDI BLEND

1

Mix the chicken with the juice of ½ the lemon, yogurt, garlic, ginger, ½ tsp **MIRCHI BLEND**, 2 tsp **METHI BLEND**, 1 tsp **HALDI BLEND** and ½ tsp salt

2

Fry 1 tsp **JEERA BLEND** in 1 tbsp oil for 30 seconds or until the seeds just start to pop and jump around

3

Add the butter and onions then cook for 10 minutes or until soft and translucent

4

Stir the chicken (including all the marinade) into the onions and cook for 10 minutes or until beginning to cook around the edges

5

Stir in the rice, 2 tsp **HALDI BLEND**, ½ tsp salt and 450ml water. Make sure all the grains of rice are sitting underneath the water then cover and cook for 15 minutes or until all the liquid has been absorbed and the rice and chicken are cooked through. Remove from the heat and leave to stand with the lid on for 5 minutes

6

Toast the almonds in a dry pan for 1 minutes or until golden brown then remove from the heat

7

Fluff up the rice with a fork, squeeze over the juice of the remaining ½ lemon and scatter over the almonds and coriander to serve

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EXTRAS
#5

ALSO WORKS A TREAT WITH...

- Cauliflower florets to replace the chicken

RAISE YOUR GAME BY...

Marinating the chicken overnight

