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
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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

yogurt)
25g flaked almonds
300g basmati or standard
long grain rice
(not easy cook)

(not Greek yogurt or set





HALDI BLEND

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

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

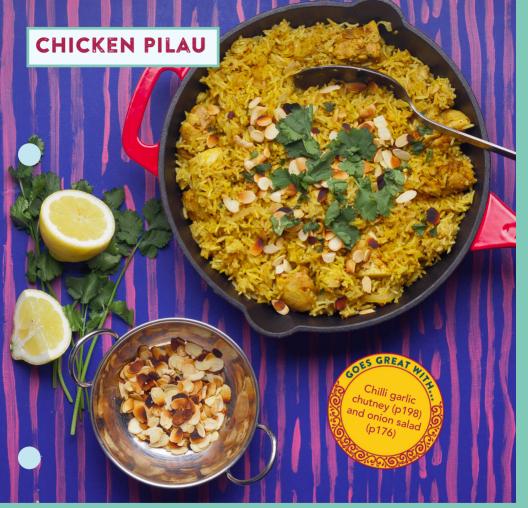
Add the butter and onions then cook for 10 minutes or until soft and translucent

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

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.

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

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





ALSO WORKS A TREAT WITH...

- Cauliflower florets to replace the chicken

RAISE YOUR GAME BY...

Marinating the chicken overnight





