



## CHICKEN & VEGETABLE INDIAN CURRY

**Nutrition facts/200 grams of chicken:** Calories 706, Protein 45g, Carbs 54g, Fat 35g

Cooking process and additional ingredients added at home will affect the total value.

**Preparation Time:** 10 min, **Cooking Time:** 42 min



## INGREDIENTS

Marinated Chicken (800 gram)

Onion, Garlic, Ginger

Carrot, Mushroom

Yellow Mustard Seeds

Garam Masala, Tomato

Sunflower Oil, Tomato Paste

Broth Cube, Chili (optional)

Rice

# METHOD

**Note: It is important to read through first then follow the instructions as this is a rather fast pace recipe.**

1. Combine tomato paste & broth cube and dissolve in boiling water using 250 ml for each broth cube. Set aside.
2. Place a large pot over medium heat. Add oil & swirl to heat.
3. Add the yellow mustard seeds and stir for 10 secs or so. As soon as they stop popping add the onions with a dash of salt. Add chili as desired & stir.
4. Cook for 2 minutes or until translucent. Take chicken out of the marinade & place skin down in single layer. Increase heat a notch to med high.
5. Cook for 2-3 minutes or until chicken are well browned.
6. Add ginger, garlic, spices, vegetables & a dash of salt. Toss gently for 30 seconds to combine all.
7. Add chopped tomatoes & broth mixture & mix gently to combine.
8. Cover, reduce heat to low & cook for 20 minutes.
9. Remove cover & cook for 15 minutes longer or until well cooked & sauce is thick & bubbly.
10. Adjust salt, turn heat off, transfer to serving dish & serve with rice.

## Steamed Plain Basmati Rice

11. Place rice in a suitable container & cover with excess cold water 2cm above rice. Gently run fingers through & stir to release starch.
12. Decant water taking care not to dump any rice. Repeat 3-5 times or until water runs clear, strain in colander for about 5 min to get rid of excess water.
13. Place pot over high heat & add water (as per instructions on package) & provided salt. As soon as the water starts boiling add rice & swirl pot or stir very gently.
14. Return to boil then cover, reduce heat to low & simmer for about 15-20 minutes then remove from heat & keep covered for 5 minutes more. Gently fluff with fork and serve.

**BON APPETIT**