Indian Chicken Curry
RECIPE

Indian Chicken Curry



TIME	150 mins
INGREDIENTS	16 items
MAKES	2 servings

This delicious curry is perfect for a midweek meal. Serve with a selection of Indian snacks to impress your dinner guests!

INGREDIENTS

- Ben's Original™ Pilau Microwave Rice 220g
- 1tsp Ground Coriander
- 1tsp Ground Cumin
- 2tsp Ground Turmeric
- 1tsp Ground Ginger
- 1tsp Paprika
- 1tsp Garlic Powder
- 150g Fat Free Yoghurt
- 2 Chicken Breasts, chopped
- 1tbsp Sunflower Oil
- 1 White Onion, chopped

- 1tsp Garam Masala
- 1tbsp Tomato Puree
- 400g Tin of Chopped Tomatoes
- Small handful of Fresh Coriander, chopped
- 1 Red Chilli, sliced

INSTRUCTION

1. Add the dried spices to a large bowl with the yoghurt, season and mix well. Place the chicken pieces into the bowl and coat well. Cover and place in the fridge for at least 2 hours to marinade (the longer the better).
2. When ready to cook, place a pan over a medium heat and add the oil. Cook the onion for 10 minutes, until soft and translucent. Add the garam masala and tomato puree then cook for a few minutes until the spices begin to release their aromas. Tip in the tinned tomatoes, mix well together and leave to simmer over a low heat.
3. Place a separate frying pan over a high heat and fry the chicken pieces until golden, keeping the excess yoghurt in the bowl. Transfer straight into the simmering sauce and leave to bubble for 15-20 minutes until the chicken is cooked through.
4. Just before serving take the pan from the heat and stir in the remaining yoghurt with seasoning. Cook the Ben's Original™ rice according to pack instructions, top with the chicken curry and sprinkle with sliced chilli and coriander.

NUTRITION

Amount Per Serving

- Calories 553
- Carbohydrates (g) 68.8
- Cholesterol (mg) 94
- Dietary Fiber (g) 6.7
- Energy (kJ) 2338
- Protein (g) 45.5
- Sugars (g) 22.5
- Total Fat (g) 9.1
- Saturated Fat (g) 1.2
- Salt (g) 0.82
- Sodium (mg) 328
- Trans Fat (g) 0

Categories:

Pilau, Stove Top, Food of the World, Make your own Takeaway, Chicken, 45 MIN +, Crowd pleasers.

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Slow Cooker Chicken Tikka Masala

Cooking time

185 mins

Ingredients

8 items



Tikka Salmon

Cooking time

25 mins

Ingredients

9 items



Cheat's Biriyani

Cooking time

35 mins

Ingredients

11 items

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