



PARVEEN'S INDIAN KITCHEN



CHICKEN PILAU RICE

INGREDIENTS

- 500g white basmati rice
- 4 tbsp vegetable oil
- 2 medium onions, finely diced
- 2 black cardamom pods, crushed (optional)
- 1 cinnamon stick
- 3 tsp garam masala
- 2 tsp ground cumin
- 2 fresh tomatoes, diced
- 2 green chillies, halved
- 2 tsp salt

- 500g boneless chicken thighs, each cut into 3
- 500ml fresh chicken stock
- 250ml water

SERVES 6-8

METHOD

1. Wash the rice in clean cool water until the water runs clear, then soak for 30 minutes to remove any excess starch, this will help avoid sticking
2. Heat the oil in a large pan then frying pan then add the onions. Fry until dark brown then add the cinnamon and cardamom.
3. Add 20ml water then cover with a lid, turn the heat to low then leave for 1 minute.
4. Remove lid then add the tomatoes, chillies, garam masala, cumin and salt. Cook on a medium heat for 5 minutes until the tomatoes have broken down. Add a splash of water if it starts to stick.
5. Add the chicken pieces to the pan, cook for 5 minutes, stirring all the time. The chicken will start to take on the colour of the onions.
6. Add the chicken stock and water whilst bringing to a gentle simmer then add the rice and bring to a boil. Cover then simmer for 25 minutes - don't be tempted to lift the lid though as the rice needs to 'do its thing'!
7. Serve topped with the fried onions alongside poppadoms and mango chutney then enjoy!

Parveen
x

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parveenashraf.com

