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! Perfect in 90 seconds with Ben's Original™ Microwave Rice!

INGREDIENTS

- Ben's Original™ Indian Style Spiced Rice 250g
- 1tsp Ground Coriander
- 1tsp Ground Cumin
- 2tsp Ground Turmeric
- 1tsp Ground Ginger
- 1tsp Paprika
- 1tsp Garlic Powder
- 150g Fat Free Yoghurt, additional to serve
- 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 Bens Original rice according to pack instructions, top with the chicken curry and sprinkle with sliced chill, coriander and a dollop of yoghurt.

NUTRITION

AMOUNT PER SERVING

- Energy (kJ) 2206
- Protein (g) 44.5
- Total Fat (g) 8.6
- Saturated Fat (g) 1.1
- Carbohydrates (g) 63.3
- Total Sugars (g) 22.5
- Sodium (mg) 333

Categories:

Stove Top, Chicken, 45 Mins +, Indian Style Spiced Rice

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Vegetable Fajitas

Cooking time

20 mins

Ingredients

10 items



Chicken Fried Rice

Cooking time

20 mins

Ingredients

9 items



BBQ Chicken Bowl

Cooking time

30 mins

Ingredients

13 items

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