

INDIAN FAKEAWAY: BUTTER CHICKEN CURRY

Ingredients

2x chicken breasts or 4x chicken thighs
2 tablespoons yoghurt
½ teaspoon turmeric
1 tablespoon mild/hot curry powder
1x onion, grated
2x cloves garlic
1x thumb-size piece ginger
1x fresh chilli (optional)
1x tin chopped tomatoes
½ tin evaporated milk
25g piece of butter

Equipment:

1x oven tray
Tin foil or baking paper
1x box cheese grater
1x cutting board
1x frying pan or saucepan
1x stirring spoon
1x teaspoon
1x small knife

Method

1. Cut the chicken into strips and place into a bowl. Wash your hands. Add the yoghurt and turmeric and a pinch of salt and stir into the chicken to coat. Place the chicken onto a foil-lined baking tray and bake in an oven at 200C for 15 minutes, until the chicken cooked through and slightly browned in places. Remove and set aside.
2. In a frying pan, add the grated onions, garlic, ginger (and chilli, if using) and cook for 5 minutes until soft.
3. Add the curry powder and stir for 1 minute until toasted and fragrant.
4. Add the chopped tomatoes and stir to combine. Simmer for 10 minutes until slightly thickened.
5. Add the chicken pieces and stir to combine.
6. Add the evaporated milk and stir to combine. Simmer for a few minutes and serve. Enjoy!

BAKED PILAU RICE

Ingredients

100g Basmati rice, washed
200ml Vegetable or chicken stock (from cube)
Pinch curry powder
Pinch of mixed spice
Pinch of salt and pepper
Handful of raisins or sultanas
Handful of nuts (cashews or almonds)

Equipment:

1x oven proof dish or foil tray with lid
1x baking tray
1x measuring jug

Method

1. Preheat the oven to 160C. Rinse the rice under a tap to remove starch.
2. Place the washed rice in an oven proof dish or takeaway foil. Add salt, pepper, curry powder, mixed spice, dried fruit and nuts to the rice and mix.
3. Make 200ml of vegetable stock by adding boiling water to a stock cube. Add the stock to the rice. Seal the dish with a tight-fitting lid or tinfoil.
4. Bake the rice for approximately 20 minutes at 160c or until the stock is absorbed – do not remove the lid until after 20 minutes.
5. Remove the rice from the oven and allow to stand for 2-3 mins. Fluff the rice with a fork. Enjoy!