



Pan Fried Coronation Chicken Coriander Rice, Aloo Bombay

INGREDIENTS

Fresh Chicken Fillets – 3
Natural Yoghurt – 4tbs
Curry Powder – 2tsp
Lemon – 1
Easy Cooked Long Grain Rice – 200g (cooked weight)
Turmeric – 1tsp
Crème Fraiche 4 tbs
Cooked New Potatoes – 200g
Garlic clove – finely chopped
Fresh Ginger 1tblsp finely chopped
Small Onion – 1 (finely diced)
Yellow Pepper – 1 (large diced)
Vegetable Oil – 2tbs
Fresh Coriander – 40g

Method

1. In a large pan or wok heat 1 tbs vegetable oil, place the chicken, 1 tsp curry powder, 1 tsp turmeric and pan fry until almost cooked.
2. Add the garlic, ginger, onion and cook until soft. Add the yellow pepper and stir in the yogurt and crème fraiche and bring to a simmer. Finish with fresh coriander.
3. Cook the rice in a saucepan or heat through a steamer adding the coriander.
4. In a separate pan heat 1 tsp vegetable oil, add the potatoes and cook until golden brown. Add 1 tsp curry powder, cook through and add half the fresh coriander. (alternatively roast the potatoes in the oven with oil and curry powder and finish with fresh coriander)
5. To serve place the hot rice into two ramekins and turn out onto a plate . Place the Bombay potato onto the plate and place the coronation chicken between the rice.

