

BOMBAY CHICKEN CURRY



READY IN ABOUT 40 MINS

INGREDIENTS

RICE

2 cups jasmine rice

3 cups water

BOMBAY CHICKEN CURRY

1 brown onion

600g chicken breasts or thighs

200g diced pumpkin

70g tomato paste

1/2 tsp salt

2-3 Tbsp spice mix (see recipe below)

Pinch of chilli flakes (optional)

400ml coconut milk

1/2 cup chicken stock or water

1 courgette

2 tsp vinegar

1/2 pack baby spinach

SPICE MIX

1 tsp mild curry powder

1/2 tsp turmeric powder

1 tsp ground paprika

1/2 tsp ground coriander

1 tsp ground cumin

1 tsp yellow mustard seeds

3/8 tsp chilli flakes

TO SERVE

150g yoghurt

YUM RATING ★★★★★

GOT A HERB GARDEN? Coriander would be perfect for this!

METHOD

- 1. COOK RICE** Combine rice, water measure and a pinch of salt in a pot and bring to the boil. Once boiling, cover with a lid and reduce to lowest heat to cook for 12 minutes. Turn off heat and steam, covered, for 8 more minutes. Do not lift lid during cooking.
- 2. PREP VEGGIES** Dice onion 1-2cm. Pat chicken dry, dice 2cm and season. Heat a little oil in a large, deep fry-pan on high heat. Cook onion, pumpkin and chicken for 5-6 minutes, until onion is browned.
- 3. COOK CURRY** Add tomato paste, salt, spice mix and chilli flakes, cook, stirring for a further 1 minute, until fragrant. Add coconut milk and stock/water and bring to a simmer. Reduce heat to low and cook for about 15 minutes, until thickened and reduced. Grate courgette and stir through curry with vinegar and spinach. Season to taste.
- 4. SERVE** Bombay chicken curry with rice and a dollop of yoghurt.