SUMAC
the joy of home cooking

CHICKEN & VEGETABLE INDIAN CURRY

Nutrition facts/200 grams of chicken: Calories 706, Protein 45g, Carbs 54g, Fat 35g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 10 min**, Cooking Time:** 30 min

INGREDIENTS

Marinated Chicken (800 gram)

Onion, Garlic, Ginger

Carrot, Mushroom

Yellow Mustard Seeds

Garam Masala, Tomato

Sunflower Oil, Tomato Paste

Organic Broth, Chili (optional)

Rice

METHOD

1. Combine tomato paste & broth cube and dissolve in boiling water using 250 ml for each broth cube. Set aside.
2. Place a large pot over medium heat. Add oil & swirl to heat.
3. Add the yellow mustard seeds and stir for 10 secs or so. As soon as they stop popping add the onions with a dash of salt. Add chili as desired & stir.
4. Cook for 2 minutes or until translucent. Take chicken out of the marinade & place skin down in single layer. Increase heat a notch to med high.
5. Cook for 2-3 minutes or until chicken are well browned. Turn on the other side & repeat.
6. Add ginger, garlic, spices, vegetables & a dash of salt. Toss gently for 30 seconds to combine all.
7. Add chopped tomatoes & broth mixture & mix gently to combine.
8. Cover, reduce heat to low & cook for 20 minutes.
9. Remove cover & cook for 15 minutes longer or until well cooked & sauce is thick & bubbly.
10. Adjust salt, turn heat off, transfer to serving dish & serve with rice.

Steamed Plain Basmati Rice

11. Place rice in a suitable container & cover with excess cold water 2cm above rice. Gently run fingers through & stir to release starch.
12. Decant water taking care not to dump any rice. Repeat 3-5 times or until water runs clear, strain in colander for 5 min to get rid of excess water.
13. Place pot over high heat & add water (as per instructions on package) & salt. As soon as the water starts boiling add rice & swirl pot or stir very gently.
14. Return to boil then cover, reduce heat to low & simmer for about 15-20 minutes then remove from heat & rest covered for 5 minutes more. Gently fluff with fork & serve.

BON APPETIT