

Yellow Chicken Curry with Fragrant Coconut Rice

Serves 6 | Allow 1 hour | Quick, easy and very tasty!



Ingredients for the Marinated Chicken

- 1 kg of boneless, fresh, free range, skinless chicken breast
- 250 ml of natural yogurt
- 2 table spoons of madras or tikka curry paste
- 1 table spoon of cumin powder
- 1 table spoon of turmeric powder
- 1 table spoon curry powder

Ingredients for the Yellow Curry Sauce

Veg prep

- 2 table spoons of coconut oil or vegetable oil
- 2 red onions roughly chopped
- 1 white onion roughly chopped
- 1 green chilli roughly chopped
- 1 red chilli roughly chopped (1 will make a mild curry, add more for a hotter curry)
- 1 lemon grass stick, bashed, outer layers removed and roughly chopped
- 5 cloves of garlic peeled and roughly chopped
- 2 kaffir lime leaves (if you have)
- 1 thumb of fresh ginger, peeled and roughly chopped

Spices and Stocks

- 2 table spoons of madras or tikka curry paste
- 2 table spoons of cumin powder
- 2 table spoons of turmeric powder
- 2 table spoons curry powder
- 1 litre of coconut milk
- 500ml chicken stock

Garnish

- Bunch of fresh coriander destalked (keep the stalks)
- Finely flaked toasted almonds

Ingredients for the Coconut Rice

- 300 g of basmati rice
- 170ml of coconut milk
- 170ml of vegetable stock
- 1 thumb of ginger
- 1 stick of lemongrass

Method for Marinating the Chicken

1. Cut the chicken into strips (not too thick) and place in a large mixing bowl
2. Add the yogurt to the chicken and stir in the spices and paste ensuring that all ingredients are well combined
3. Leave in the fridge (for best results prepare this the day before so the chicken has 24 hours in the marinade)

Method for the Curry Sauce

1. Heat the oil in a large deep pan
2. Fry all "veg prep" ingredients off for five minutes until soft
3. Add the spices and curry paste
4. Continue to fry the ingredients for at least five minutes until the spices are well worked in
5. Add your stock and bring to the boil then simmer for 20 minutes
6. Add the coconut milk, bring to the boil again then turn off the heat
7. Add the coriander stalks (save the leaves for garnish), leave the sauce to cool then thoroughly blend with a hand blender or food processor

(This curry sauce makes for a great batch cook so increase ingredient quantities if you want to allow for extra portions in the freezer.)

Method for the Coconut Rice

1. Wash the rice well using a sieve to remove excess starch and place it in a medium sized saucepan (make sure you are using a saucepan you have a lid for)
2. Pour the coconut milk and vegetable stock into the pan with the rice
3. Add the ginger and lemongrass
4. Put the lid on and bring the rice to the boil on a high heat
5. Once on a rolling boil, drop to a low heat and simmer for 10 minutes or until the liquid is at the same level as the top of the rice
6. At this point turn the heat off and leave, still with the lid on, for 10 minutes

Finishing and Serving

1. Put the curry sauce back on the heat and bring to a simmer again
2. Check for seasoning and add salt and pepper according to taste
3. Now add the strips of marinated chicken and leave the curry on a low heat so it cooks through but stays tender
4. While the chicken is finishing off, give the rice a fluff with a fork and remember to remove the ginger and lemongrass
5. Serve up and garnish with the coriander leaves and flaked toasted almonds