

# Chicken Bhuna Masala served with Spring Onion and Coriander Rice

- I Red Onion Sliced thinly
- 15g Fresh Ginger grated
- 1 Clove Garlic Crushed and Peeled
- 1 Small Red Pepper sliced
- 1 Small Yellow Pepper
- 4 Spring Onions thinly sliced
- 4 Chicken Breast 1cm dice or 1 x 400g Butter Beans
- 1 tsp Ground Turmeric ½ for bhuna and ½ for rice
- 1 tsp Garam Masala
- 1 tsp Ground Coriander
- 1 tsp Dried Cumin
- 1 x 400g tinned chopped tomatoes
- 150g easy cook long grain rice
- 40g Fresh Coriander

## Method

1. In a large bowl mix the chicken with the spices and ½ tsp turmeric. This mix is best left to marinade for 1 hour.
2. Bring a large pan of water to the boil and start to cook the rice with ½ tsp turmeric simmering slowly.
3. Meanwhile in a wok heat the oil place the garlic ginger in a wok or saucepan and wait for the garlic and ginger to sizzle. Now place the chicken in the wok to seal in the flavour of the spices, place 1 tablespoon of water in the pan, cover with a lid and steam until cooked, Keep lifting the lid to check the chicken is kept moist, add more water if necessary. Now gently tip the red onions and peppers into the chicken and stir fry until cooked, add the chopped tinned tomatoes bring to a simmer gently for 5 minutes and add the fresh coriander (leaving 1 tblsp for the rice). The Bhuna is ready.
4. Add the sliced spring onion and 1 tblsp fresh coriander to the cooked drained rice and place into a mould (small cup) and press the rice firmly into the mould. Turn out the rice onto a plate and serve the curry onto the plate with the rice.
5. Serve the Bhuna around the rice.
6. Enjoy! (This dish can be served with warm naan breads)