



READY TO COOK
BY HARRIS FARM

CHICKEN MADRAS WITH BROCCOLI & BASMATI RICE



PREP
5 min



COOK
20 min



SERVES
4

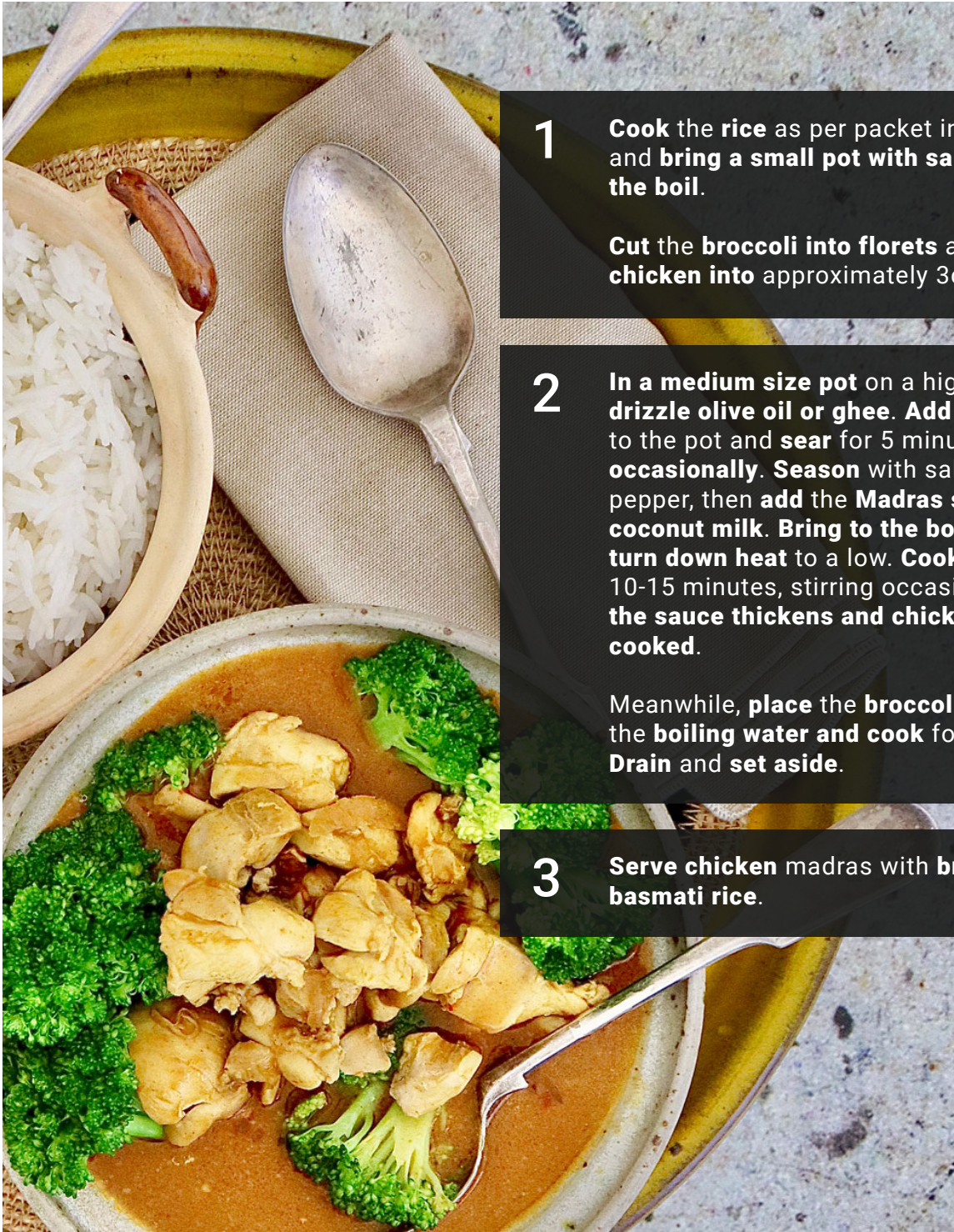
INGREDIENTS:

- > 1 Broccoli Head
- > 2 Cups Basmati Rice
- > 500g Chicken Thighs
- > 375g Madras Sauce
- > 400ml Coconut Milk

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil or Ghee
- > Salt and Pepper

METHOD - GET COOKING!



1 Cook the **rice** as per packet instructions and **bring a small pot with salted water to the boil.**

Cut the broccoli into florets and cut the chicken into approximately 3cm pieces.

2 In a **medium size pot** on a high heat, **drizzle olive oil or ghee.** Add the **chicken** to the pot and **sear** for 5 minutes, **stirring occasionally.** **Season** with salt and pepper, then **add the Madras sauce and coconut milk.** **Bring to the boil** and then **turn down heat** to a low. **Cook further** for 10-15 minutes, stirring occasionally **until the sauce thickens and chicken is fully cooked.**

Meanwhile, **place the broccoli florets into the boiling water and cook** for 3 minutes. **Drain and set aside.**

3 **Serve chicken madras with broccoli and basmati rice.**

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Add some chilli flakes or fresh chopped chillies if desired.
- Serve with yoghurt and cucumber if desired.
- Add any other vegetables of your preference if desired.
- Add some freshly chopped coriander and squeeze some lemon juice for extra freshness.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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