

Simple Chicken Curry With Saffron Rice

Serves 4

For the chicken:

8 skinless chicken thighs fillets
1 tbsp. oil
1 large onion, diced
1 tbsp. ginger, minced
5 cloves garlic, minced
½ tsp. black pepper
3 large tomatoes, chopped
1 ½ tsp. turmeric

For the rice:

¼ cup (60ml) boiling water
pinch saffron threads (roughly ⅛ tsp.)
1 cup (225g) basmati rice
1 tsp. coconut oil
½ tsp. onion powder
¼ tsp. salt
1 ¾ cup vegetable stock

What you need to do

1. Season the thighs with salt and pepper.
2. Heat the oil in the pan. Fry the thighs on both sides until golden brown. Remove from the pan and set aside.
3. In the same pan sauté the diced onion, garlic and ginger for 3-4 minutes, often stirring — season with pepper and turmeric. Then add chopped tomatoes, and ¼ cup of water, season with salt and bring to a boil.
4. Place the chicken thighs in the simmering sauce, then cover with the lid and cook for about 30-45 minutes or until the meat is tender.
5. In the meantime, cook the rice. Combine saffron threads and boiling water and allow to 'brew' for at least 5 minutes.
6. In a medium pot, combine saffron and the water with the rice and all other ingredients.
7. Cover and bring to a boil, then reduce heat and simmer for 15 minutes. Remove from heat, let it sit and covered for another 10 minutes before serving.
8. Serve 2 chicken thighs along with sauce and a serving of saffron rice.

Tip: Rice can also be prepared in a rice cooker, prep the saffron as above and then follow rice cooker instructions.

GF	DF	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10-15 mins	30-45 mins	531	22	47	36

*Nutrition per serving

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