



RED PEPPER CHICKEN CURRY

WITH STIR FRIED RICE

DIFFICULTY: Easy | SERVES: 4 | READY IN: 40 minutes

This Indian-style red pepper chicken curry makes a refreshing change from your usual curry. Serve on brown basmati rice stir fried with veggies, almonds and sultanas. Yum!



CURRY

- 1 Tbsp coriander seeds
- 1 Tbsp cumin seeds
- 400g roasted red peppers (14oz)
- 1 brown onion
- 3 cloves garlic
- 2 tsp garam masala
- 1 tsp salt
- 600g boneless, skinless chicken thighs (1lb 5oz)
- 2 1/2 Tbsp rice bran oil, divided
- 1 cup water (250ml)
- 200ml coconut milk (6.8 fl.oz)
- 2-3 tsp lemon juice

RICE

- 2 x 250g microwave pouches brown basmati rice (2 x 8.8oz)
- 1 broccoflower, small cauliflower or broccoli
- 2 tsp olive oil
- 40g baby spinach (1.4oz)
- 1/3 cup roasted almonds (53g)
- 1/3 cup sultanas (53g)

TO SERVE

- 2 handfuls fresh coriander *optional*
- 1/2 cup unsweetened Greek yoghurt (125ml)

1. PREPARE CURRY

Heat a large high-sided frying pan on medium-high. Cook coriander seeds and cumin seeds until fragrant and lightly toasted (about 1 minute). Transfer to a food processor and add peppers. Chop peeled onion into quarters and add this too, together with whole peeled garlic cloves, garam masala and salt. Process until everything is well chopped and fairly smooth. If you don't have a food processor, try a regular blender or stick blender instead.

- Dice chicken into 2cm / 0.8in pieces and season with salt and pepper. Heat 1/2 tablespoon oil on medium-high in same pan used for step 1. Cook the chicken until browned all over (it doesn't need to be cooked through). Remove onto a plate.

- Add remaining 2 tablespoons oil to pan. Pour in curry paste and stir fry for 5 minutes. Add chicken back to pan then stir in water. Simmer for 15 minutes, until chicken is cooked through.

4. PREPARE RICE

Microwave rice according to instructions on packet. Chop broccoflower into small pieces. Heat oil in a large wok on high. Stir fry broccoflower until lightly browned then turn heat down to medium and cook until tender (about 5 minutes). Roughly chop spinach and almonds. Add rice, spinach, almonds and sultanas to frying pan and stir fry until well combined. Season with salt and pepper to taste.

5. SERVE

Stir coconut milk and lemon juice into curry. Season to taste (if needed). Divide rice between warmed serving plates. Top with curry, sprinkle with coriander (if using) and serve with a dollop of yoghurt.



WINE MATCH: A Pinot Gris.

RED PEPPER CHICKEN CURRY RECIPE NOTES

GLUTEN-FREE OPTION: This meal is naturally gluten-free.

INGREDIENT SWAPS / NOTES: I used jarred roasted red peppers (drained of oil before weighing). You could chargrill your own capsicums instead if you prefer. Broccoflower looks like a smaller, green-tinged cauliflower. If it's not available in your local stores, either regular cauliflower or broccoli are good alternatives.

STORING AND REHEATING: Individual portions of rice and curry can be refrigerated and reheated in the microwave. Add coriander and yoghurt just before serving.