

# EASY CHICKEN CURRY WITH CUCUMBER SALAD

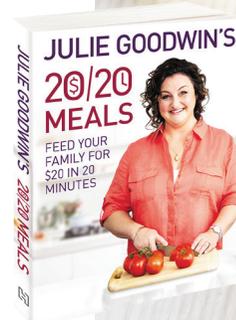
## INGREDIENTS

2 cups basmati rice  
1 kg chicken thigh fillets  
1 tablespoon peanut or vegetable oil  
2 garlic cloves  
1 large brown onion  
2 tablespoons curry powder  
2 tablespoons tomato paste  
¼ cup brown sugar  
1¼ cups natural yoghurt  
½ cup frozen baby peas  
2 Lebanese cucumbers  
¼ bunch mint  
1 lemon  
Salt and ground black pepper

## EQUIPMENT

Mini food processor  
Chef pan  
Microwave rice cooker  
Cup and spoon measures  
Medium mixing bowl  
2 chopping boards  
Wire mesh strainer  
2 knives  
Wooden spoon  
Teaspoon  
Tongs  
Fork

- 1 Put the chef pan over a high heat. Put the rice in the rice cooker with 3 cups of water and put the lid on. Microwave on high for 18 minutes.
- 2 Cut the chicken thighs into 3 pieces each. Put the oil into the pan and add the chicken. Leave the chicken for 3 minutes to brown.
- 3 Peel the garlic and peel and quarter the onion. Place them in the mini food processor. Blitz until finely chopped.
- 4 Turn the chicken pieces over and push them to one side of the pan. Put the onion mixture and the curry powder in the empty side of the pan and sauté, stirring for 1–2 minutes until starting to soften. Add the tomato paste and sugar to the pan and stir the chicken through the mixture. Add a cup of the yoghurt and bring to a simmer, stirring. Simmer uncovered for about 5 minutes or until the chicken is cooked through.
- 5 While the chicken is simmering, place the frozen peas in the mixing bowl with some water to defrost. Halve the cucumbers lengthways and use a teaspoon to scrape out the seeds. Slice diagonally. Strain the peas and put them back in the bowl along with the cucumber. Tear the mint leaves into the bowl and add ¼ cup yoghurt, lemon juice and a pinch of salt and pepper. Toss with tongs to combine.
- 6 Stir the last ½ cup of yoghurt through the curry and remove the pan from the heat. Season to taste, and add a little more sugar if needed.
- 7 Remove the rice from the microwave, fluff with a fork and serve alongside the curry and cucumber salad.



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