

Fragrant Spiced Chicken with Banana Sambal



Ingredients

2 medium onions, quartered.
4 garlic cloves
thumb-sized piece ginger, peeled and roughly chopped.
600ml reduced-salt chicken stock.
2 tsp ground coriander
2 tsp ground cumin
1 tsp ground turmeric
4 green cardamom pods
1 tsp chili flakes
2 tsp ground cinnamon
3 tbsp ground almond
2 tbsp tomato purée
500g skinless chicken thighs
Small pack coriander, chopped.
For the sambal and rice (to serve 2, easily doubled)
1 small red onion finely chopped.
¼ cucumber, peeled, deseeded, and diced
1 small banana, diced.
zest and juice ½ lime
250g pack ready-cooked brown basmati rice

Method

STEP 1

Place the chicken thighs on a baking pan, spray with cooking spray and season generously, bake for 15 minutes at 200 degrees, make sure not to overcook them or they will be dry.

Slice the chicken to bite size.

STEP 2

Put the onions in a food processor with the garlic and ginger. Blitz until it is as smooth as possible, then pour in half the stock and blitz again.

STEP 3

Heat a large non-stick pan, sprinkle in the spices and toast for 1 min. Pour in the onion mixture, the remaining stock. Add the almonds and tomato purée and stir well. Simmer for 35 mins until completely soft, stirring every now and then and adding a little water if the mixture starts to catch on the bottom of the pan.

STEP 4

Add half of the fresh coriander and the chicken.

Mix all the sambal ingredients with the remaining coriander and heat the rice following pack instructions. Serve the chicken and sambal with the brown rice.