

Curried chicken with pilau rice

3 easy steps, ready in 20 minutes



Full list of ingredients on reverse

Key ingredients



TESCO
Every little helps

Curried chicken with pilau rice

Step away from that takeaway menu. This super-quick, Indian-influenced dish will be ready and on your table way faster (and it's healthy too). A biryani-inspired easy combination of chicken, veg and rice, it's lifted with well-balanced spicing. The optional extras will add a burst of colour and texture, or if you have some in the cupboard, a dried fruit and unsalted nut mix is a good addition too.

Serves 2 

Takes 20 mins

Cost per serve £2.28

1 tbsp vegetable oil
300g chicken breast or thigh fillets, diced
1 tbsp mild curry powder
1 tsp ground turmeric
1 brown onion, finely diced
220g pack stir-fry vegetable medley, chilli and spring onion diced, baby corn sliced
250g pouch microwaveable pilau rice

Finishing touches (optional)

chopped fresh coriander, sliced red chilli, toasted cashew nuts (or any dried fruit and unsalted nuts from the cupboard)

- 1 Heat the oil in a wok or large frying pan** over a medium-high heat. Mix the chicken with the curry powder, turmeric and a pinch of salt in a bowl to coat. Fry the chicken for 5-6 mins until golden brown all over, then add the onion and cook for 2-3 mins.
- 2 Add all the vegetables** from the stir-fry medley to the pan and cook for 5 mins until tender. If at any point it begins to look dry or starts to stick to the pan, add a little water.
- 3 Meanwhile, cook the rice to pack instructions**, then add it to pan and fold through continuously, to crisp up the rice and let it soak up the flavours. Season to taste before serving and top with coriander, sliced chilli and cashew nuts, if you like.

Each serving contains

| | | | | |
|-----------------------------|-------------------|------------------------|----------------------|---------------------|
| Energy 2023kJ 481kcal | Fat 10g | Saturates 3g | Sugars 11g | Salt 1.5g |
| 24% | 15% | 14% | 12% | 25% |

of the reference intake.

Carbohydrate 42g Protein 44g Fibre 2g

High in protein, which supports the maintenance of muscle mass

**DRINK
PAIRING**

Try with Tesco Finest Chenin Blanc – the citrus fruit flavours will complement the spicy richness.

CHEF'S TIP

Try a generous handful of toasted cashew nuts for a touch of crunchiness and savoury depth.



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