

OVERALL time: 80 mins

One Pot Tandoori Chicken & Coconut Rice Curry

Metric

Number of servings : 4

ingredients

For the marinade

- 2 Tbsp olive oil
- 2 Tbsp lime juice
- 1 Tbsp garlic, minced
- 1 Tbsp ginger, grated
- 1 heaped Tbsp **Cape Herb and Spice Tikka Tandoori Curry Rub**
- 6 large free-range chicken thighs

To cook

- 2 large onions, diced
- 2 tsp garlic, minced
- 2 tsp ginger, grated
- 1 heaped Tbsp **Cape Herb and Spice Tikka Tandoori Curry Rub**
- 315 g brown basmati rice, rinsed well & drained
- 300 ml chicken stock
- 1 400ml tin coconut milk
- 200 g fresh peas
- olive oil
- **Cape Herb and Spice Atlantic Sea Salt**

To serve

- Full cream greek-style yoghurt
- Fresh coriander
- Lime wedges

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 60 mins

For the marinade:

In a large bowl combine the olive oil, lime juice, garlic, ginger and **Cape Herb and Spice Tikka Tandoori Curry Seasoning**.

Mix well.

Add the chicken thighs and coat well.

Marinate for at least 30 minutes or overnight.

For the curry:

Preheat oven to 180°C.

In a large, deep sauté pan, heat a drizzle of olive oil.

Fry the chicken skin side down until golden brown. Remove from the pan and set aside.

If necessary add a fresh drizzle of olive oil to the pan.

Add the onions and cook until tender.

Add the garlic, ginger and **Cape Herb and Spice Tikka Tandoori Curry Seasoning**.

Cook for a minute until fragrant.

Pour in the rice and mix to coat well.

Pour in the vegetable stock and coconut milk. Stir through.

Bring mixture to a simmer.

Add the peas and nestle in the chicken thighs, skin side up.

Cover with a lid and transfer to the oven.

Bake for 30 minutes.

Remove the lid and mix up the rice with a fork.

Return to the oven for 10 minutes until the chicken and rice are both cooked through.

Dish steaming hot spoonfuls of chicken and rice into bowls.

Garnish with a dollop of yoghurt, fresh coriander and a squeeze of lime juice. Enjoy!

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