

Sour cream & pepper chicken with basmati rice

(Serves 2)

Ingredients

- 2 Garlic cloves
- 2 tsps Ginger, ground
- 1/2 tbsp Oil, Rapeseed (Canola)
- 200g Onions, chopped
- 1 tsp Coriander, dried, ground
- 1/2 tsp Chilli powder
- 2 Tomatoes, medium, chopped
- 200g Chicken Breast fillets, diced
- 150mls Water
- 1 Pepper, red, deseeded & chopped
- 150g Basmati rice, brown
- 2 tsps Sour cream
- 1 tsp Garam masala
- handful Coriander, fresh, chopped

Preparation

1. Crush garlic & mix with ground ginger. Add a splash of water & mix.
2. Heat oil & sweat onions gently until browned. Add ginger & garlic paste.
3. Continue cooking until water has dried off (approx. 30 seconds).
4. Stir in ground coriander & chilli powder followed by chopped tomatoes.
5. Cover & simmer until tomatoes have softened.
6. Remove lid & cook for another 5 minutes.
7. Add chicken & brown both sides. Add 150 mls water & red pepper & bring to boil.
8. Turn down heat, cover & simmer for 10 minutes or so until chicken cooked through.
9. Whilst chicken cooking, cook basmati rice as per instructions.
10. Remove lid from chicken, turn up heat & boil rapidly for a couple of minutes. Take off heat.
11. Add sour cream, garam masala & fresh coriander & stir.
12. Drain rice when cooked.
13. Serve.

TOP TIP: Any sour cream can be used to fit within values. It doesn't need to be reduced fat.

NUTRITIONAL VALUES

PER SERVING

Calories 574

Total Sugars 14.07g

Total Fats 11.14g

Saturated Fats 2.94g

Salt 0.37g

Fruit & Veg 3.25