

## **Pan Fried Coronation Chicken Served with Coriander Rice and Aloo Bombay**

### **Ingredients**

Fresh Chicken Fillets – 3	Cooked New Potatoes – 200g
Natural Yoghurt – 4tbs	Garlic clove – finely chopped
Curry Powder – 2tsp	Fresh Ginger 1tblsp finely chopped
Lemon – 1	Small Onion – 1 (finely diced)
Easy Cooked Long Grain Rice – 200g (cooked weight)	Yellow Pepper – 1 (large diced)
Turmeric – 1tsp	Vegetable Oil – 2tbs
Crème Fraiche 4 tbs	Fresh Coriander – 40g

### **Method**

1. In a large pan or wok heat 1 tbs vegetable oil, place the chicken, 1 tsp curry powder, 1 tsp turmeric and pan fry until almost cooked.
2. Add the garlic, ginger, onion and cook until soft. Add the yellow pepper and stir in the yogurt and crème fraiche and bring to a simmer. Finish with fresh coriander.
3. Cook the rice in a saucepan or heat through a steamer adding the coriander.
4. In a separate pan heat 1 tsp vegetable oil, add the potatoes and cook until golden brown. Add 1 tsp curry powder, cook through and add half the fresh coriander. (alternatively roast the potatoes in the oven with oil and curry powder and finish with fresh coriander)
5. To serve place the hot rice into two ramekins and turn out onto a plate. Place the Bombay potato onto the plate and place the coronation chicken between the rice.
6. Enjoy!