

Biryani-style chicken and rice



INGREDIENTS

Serves 4

- 2 tbsp coconut oil
- 8 bone-in chicken thighs, with skin
- 2 large onions, finely chopped
- 3 garlic cloves, sliced
- 2 tsp garam masala
- 1 tsp ground ginger
- 1 green chilli, finely sliced
- 300g brown basmati rice
- 650ml chicken stock, hot (increase to insure brown rice swimming in rice)
- 200g frozen mixed green vegs (or frozen peas + cauliflower florets on top to steam)
- 1 red pepper, thinly sliced (place on top to steam)
- 2 tbsp chopped fresh coriander

METHOD

- Preheat the oven to 190°C/fan170°C/Gas 5. Heat the oil in a large roasting tin on the hob. Add the chicken and fry over a high heat until golden brown all over. Remove and set aside.
- Add the onion and cook gently for 6-8 minutes. Stir in the garlic, garam masala, ginger and chilli. Stir in the rice and cook for 1 minute. Top with the chicken and pour over the stock.
- Cover with foil and bake for ~45 minutes, until the rice has nearly absorbed all of the stock. Add a dash of hot water if the rice looks dry. Uncover and stir in the frozen vegetables. Re-cover and bake for 8-10 minutes, until everything is cooked. Scatter with coriander to serve.