



Chicken pilaf

Prep: 5 minutes • Cook: 40 minutes • Serves: 2



Ingredients

1 teaspoon vegetable oil
1 small onion, peeled and chopped
200g skinless and boneless chicken thighs, cut into 1 inch chunks
1 tablespoon curry powder made into a paste with a little water
150g long grain rice, rinsed and drained
1 low-salt chicken stock cube made up with 425ml boiling water
200g frozen peas

- 1 Heat the oil in a pan and add the onion. Cook on a medium heat for 10 minutes.
- 2 Add the chicken and curry paste. Cook until the chicken is slightly browned.
- 3 Add the rice and pour over the chicken stock, stirring well. Place a tight-fitting lid on the pan and bring to a boil, then lower the heat and cook for 5 minutes.
- 4 Add the frozen peas to the pan. Stir occasionally on a low heat for about 30 minutes until the rice, chicken and peas are cooked. Serve into 2 dishes.

Nutritional info

Low phosphate ✓
Low potassium ✓
Low protein ✗
Low salt ✓
Low fat ✗

Cost per portion (August 2022) **98p**

Carbohydrate **77.4g**

Energy in kcals **560**