

ASIAN STYLE CHICKEN RICE – DARAIOUS' RECIPE (Just something I made up)



Primary Ingredients

- Chicken Breast (cubed) – 2 lbs
- Frozen Mixed Veggies (thawed) - ½ cup
- 1 Tomato (medium - chopped)
- 2 Onions (medium –sliced)
- 3 Bell Peppers (Red, Orange, Yellow – sliced)
- Basmati Rice – 1 ½ cups (cooked absorption way)
- Kashmiri Chili Powder – 1 tbsp
- Cumin Powder (roasted) – ½ tbsp
- Coriander Powder (roasted) – ½ tbsp
- Turmeric Powder – ½ tbsp
- Plain Cashews – ½ cup



Secondary Ingredients

- Plum Sauce
- Lemon & Herbs spice
- Mrs. Dash (Salt Free) spice
- Sesame Oil
- Soya sauce
- Pikka Peppa – Hot Mango Sauce
- Ginger paste – 1 ½ tbsp
- Garlic paste – 1 ½ tbsp
- 2 Bay leaves for the rice (removed after cooking)
- Sea Salt



- Fry the onions in a ½ and ½ mix of Olive and Sesame oil until slightly pink.
- Add in the Garlic and Ginger and simmer for a while.
- Add in the tomatoes.



- Let it simmer while stirring periodically.



- Toss in the chicken and mix everything up.



- Add in the mixed veg (peas, carrots, corn & beans)
- Add in all the powdered spices and salt.
- Then the sauces. I DON'T have measurements for these because I just go by hunch (tasting periodically after each addition)
 - Plum Sauce
 - Lemon & Herbs spice
 - Mrs. Dash (Salt Free) spice
 - Sesame Oil (drizzle)
 - Soya sauce
 - Pikka Peppa – Hot Mango Sauce



- Add 2 cups of water, cover and cook on MEDIUM for about 12 mins.
- Take out a piece of chicken, and test it for “doneness” with a fork and knife.
- (**DON'T TAKE A BITE UNTIL YOU ARE SURE IT IS PROPERLY COOKED**).



- If the chicken is done, lift out the chunks and place them aside. You don't want to overcook chicken breast (it gets dry and not very nice).
- Once the other items have simmered for a while to evaporate any excess water, let it cool.
- Once slightly cooled add the chicken back in.



- Sliced bell peppers
- Sesame oil



- Sauté the sliced peppers in the sesame oil
- Add in some Lemon & Herbs spice
- Blend them into



- Put a layer of white rice into a bowl



- Add the raw cashews to the mix and after simmering for a bit turn off the stove.
- Cover and let it sit overnight.



- Put a layer of the chicken mix over the rice
- Add in another layer of rice and another layer of the chicken and so on.
- Toss and blend everything together.



- Plate and serve.