

# Chicken Chasni & Rice

## Ingredients



- 3 chicken breasts
- 2 onions, diced
- 1 tsp chilli powder
- 1 tbsp turmeric
- 2 tbsp mango chutney
  - 150ml passata
  - 200ml yoghurt
    - 1 tsp mint
  - 1 tbsp lemon juice
- 150ml chicken stock
  - 2 pinches salt
  - 1 tsp sugar
- 100g spinach
  - 1 tbsp oil
- 300g rice

## Method

1. Add the oil to a pan on a low/medium heat and add the onion and garlic to fry until soft, this should take around 3 - 4 minutes.
2. Add the turmeric, chilli and salt.
3. Stir well until the onion is coated, then add the diced chicken.
4. Increase the heat and continue to stir until the chicken is sealed. An indicator of this would be when the chicken changes colour from pink to white.
5. Add the mango chutney.
6. Add the passata, mint, sugar and lemon juice.
7. Stir in the stock and bring to a simmer. Let this simmer for 15 - 20 minutes.
8. Meanwhile, cook the rice as per the packet instructions. Then drain and rinse through with boiling water.
9. Remove the chasni from the heat and add the yoghurt.
10. Stir until everything is blended. Taste and adjust the seasoning if needed. Add a little water or stock if needed.
11. Add the spinach and stir through until wilted.
12. Serve warm with the rice.