

Spiced Chicken with Rice & Crisp Red Onions

Ingredients

- 2 boneless skinless chicken breasts, about 140g/5oz each
- 1 tbsp. sunflower oil
- 2 tsp curry powder
- 1 large red onion, thinly sliced
- 100g basmati rice
- 1 cinnamon stick
- pinch saffron
- 1 tbsp. raisins
- 85g frozen pea
- 1 tbsp. chopped mint and coriander
- 4 rounded tbsp. low-fat natural yogurt



Method

1. Heat oven to 190°C/fan 170°C/gas 5.
2. Brush the chicken with 1 tsp oil, then sprinkle with curry powder.
3. Toss the onion in the remaining oil.
4. Put the chicken and onions in one layer in a roasting tin. Bake for 25 mins until the meat is cooked and the onions are crisp, stirring the onions halfway through the cooking time.
5. Rinse the rice, then put in a pan with the cinnamon, saffron, salt to taste and 300ml water.
6. Bring to the boil, stir once, add the raisins, cover.
7. Gently cook for 10-12 mins until the rice is tender, adding the peas halfway through.
8. Spoon the rice onto two plates, top with the chicken and scatter over the onions.
9. Stir the herbs into the yogurt and season, if you like, before serving on the side.

Notes

Low-cholesterol diets don't have to be boring as this curried chicken from Mary Cadogan proves

Nutrition: per serving

| Kcal | Fat | Saturates | Carbs | Sugars | Fibre | Protein | Salt |
|------|-----|-----------|-------|--------|-------|---------|-------|
| 495 | 9g | 2g | 63g | 15g | 5g | 45g | 0.39g |