



Preparation: 5 mins

Cooking: 40 mins

Serves: 4

Cost: Under £5.00

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Nutritional Information

Per 356g serving

Energy	401 kcal 1701 kJ	Carbohydrate	62.8g
Fat	4.8g	Sugar	18.8g
Saturates	0.7g	Salt	0.2g
Protein	30.4g	Sodium	86mg
NSP Fibre	4.7g		

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Ingredients

- 1 Tablespoon (10g) Vegetable Oil
- 400g Diced Chicken Breast Or 4 Small Chicken Breasts
- 1 Medium (150g) Onion
- 1 Medium (160g) Red Pepper
- 16 Tablespoons (200g) Dried Easy Cook Long Grain Rice
- 3 Teaspoons (9g) Medium Curry Powder
- 2 Mugs (500ml) Water
- 4 Tablespoons (120g) Frozen Peas
- 3 Tablespoons (75g) Seedless Raisins

Tips

Time Saver Tips: Why not make this in bulk and freeze some of it on the day you make it for an easy meal another time? Just make sure you chill the food (ideally within an hour after cooking) before freezing. Also, why not boil the rice while preparing the vegetables and chicken and adding it to the pan cooked?

Cost Saver Tips: Any meat such as lamb, beef or pork works really well in this. It's good to keep a look out for offers or cheaper cuts of meat such as chicken thighs that you can dice yourself, or even buy whole chicken breasts and dice them yourself. This recipe is ideal for using up any leftover cooked meat from a roast chicken or turkey. To make this vegetarian, you could pop in a can or two of kidney beans or cannellini beans instead – these are super healthy and tasty. Why not try using whatever vegetables you have in? Fresh work best, but even frozen peas and sweetcorn from the freezer taste good. Raisins add a nice finishing touch, but no need to worry if you don't have any.

Tips for Kids: Why not get your little one to help with adding the raisins and stirring? They might like sneaking a few raisins as a snack while cooking, too! You could try seeing if your little one would like to help you prepare the vegetables. Knowing they've helped make this might even make them more likely to eat it. It's totally fine to use a bit less curry powder if your little one isn't too keen on spicy food.



Method

1. Peel and finely chop the onion. Wash, deseed and chop the pepper.
2. Heat the oil in a large saucepan and fry the chicken for 5 minutes until browned.
3. Add the onion and pepper and fry until soft.
4. Stir in the rice and curry powder and fry for another 2 minutes.
5. Add the water and raisins.
6. Bring to the boil and simmer for 20-25 minutes until the rice is cooked, stirring occasionally. Add more water if necessary. Add the peas 5 minutes before the end of cooking.
7. Once the rice is cooked, use a slotted spoon to dish up and enjoy hot.

You can use white or brown rice or even a mix of the two depending on what you have.

Allergy Disclaimer

Always check the label of each ingredient for allergy warnings.