

Chicken and cauliflower curry with cumin rice



Serves: 4

Time

1 hour

Ingredients

For the curry

- 6 chicken thighs, boneless, without skin
- 1 teaspoon cumin seeds
- 1 teaspoon coriander seeds
- 4 garlic cloves, peeled and chopped
- 4cm ginger, peeled and chopped
- 4 green chillies, finely chopped, seeds removed if preferred
- 2 tablespoons vegetable oil
- 2 onions, peeled and finely chopped
- 1 x 400g tin chopped tomatoes
- 1 teaspoon Madras curry powder
- 1 teaspoon turmeric
- 1 cauliflower, broken into small florets
- 1 teaspoon garam masala
- 2 tablespoons chopped coriander

For the cumin rice

- 1 teaspoon cumin seeds
- 2 tablespoons vegetable oil
- 2 onions, peeled and finely chopped
- 2 garlic cloves, peeled and finely chopped
- 250g basmati rice

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Method

1. Cut the chicken into 4cm pieces and leave on one side.
2. Heat a small, sturdy frying pan or griddle over a low heat and dry roast the cumin and coriander seeds for about a minute, stirring all the time, until you catch a fragrant aroma. Grind the spices to a powder using a pestle and mortar.
3. Tip the garlic, ginger and green chillies (leave the seeds in if you prefer a fiery flavour) into the same mortar and continue pounding with a pestle until paste-like. You could also use a small food processor for this. Set aside.
4. Heat the vegetable oil in a deep frying pan and gently soften the onions for 3-5 minutes. Add the spice paste from the mortar and cook on a gentle heat until the onions turn golden.
5. Stir in the tomatoes, Madras curry powder and turmeric. Fry for a further 10 minutes until the tomatoes have cooked down and darkened.
6. Add the chicken pieces and simmer for 10 minutes in a covered pan.
7. Tip in the cauliflower florets and continue cooking, in a covered pan, until tender – about 10 minutes.
8. Stir in the garam masala and finish with chopped coriander.
9. While the curry is cooking, make the rice. Heat a sturdy frying pan or griddle over a low heat and dry-roast the cumin seeds for about one minute, stirring all the time. They should take on a warm and nutty aroma. Transfer to a plate.
10. Heat the oil in a large pan and soften the onion, garlic and roasted cumin seeds for about 5 minutes.
11. Add the rice to the pan, stir well and pour over about 400ml of boiling water – or enough to cover the rice with an additional 2cm of water. Bring to the boil and reduce to a simmer. Cover with a tight-fitting lid and simmer until the grains are tender and the water has evaporated – about 5-7 minutes. Fluff the grains up with a fork before serving.