

Vinita's Picnic Side Dish: Chicken & Vegetable Pulao

By Vinita S.



- 1 cup rice
- 10-12 oz chicken breast cut into bite size pieces (boneless & skinless)
- 1 med. onion finely chopped
- 2 garlic cloves minced
- ½ T ginger
- 1 T of tomato paste
- 1 t coriander powder
- ½ t ground cumin & turmeric
- ¼ t cayenne pepper
- 1 t Garam masala
- 1 t salt (to taste)
- 1 med. potato boiled and cut into pieces
- ½ red bell pepper in bite size pieces
- ¾ cup peas (frozen)

1. Cook rice & let it cool down (fluff).
2. Brown onion with 1 T spoon oil, add ginger, garlic fry for a minute and then add tomato paste, fry for another minute. Add spices fry for a minute or two. Add chicken pieces until all pieces are coated with spice mix. Add 1/2 cup water, cover and let it simmer until chicken is done.
3. In a large pan Lightly stir fry potatoes and bell pepper until light brown season it with salt & pepper. Add peas and cooled rice mix well. Turn heat down to low. Add chicken curry and toss, put the lid on and let the mixture heat up. Garnish with chopped cilantro. Enjoy with raita (yogurt & grated cucumber).

Reprinted from the ReFocus July 2019