

EASY YELLOW CHICKEN



MINUTES TO PREPARE
10 plus 30 minutes
minimum marinating



MINUTES TO COOK
10



SERVES
3-4

INGREDIENTS

3 chicken breast, sliced open through the middle like a book and chopped into 2cm pieces

2 shallots, peeled and finely diced

1 teaspoon cumin seeds

1 teaspoon coriander seeds

1 teaspoon fennel seeds

1/2 medium chilli, deseeded and finely chopped

3 cloves garlic, peeled and diced

3cm fresh ginger, peeled and finely chopped

1 small handful of coriander, finely chopped

1 teaspoon turmeric

5 cardamom pods

1 tablespoon rapeseed oil for the marinade

1 tablespoon rapeseed oil for frying

Juice of 1/2 a lemon

You will need a pestle and mortar, non-metallic bowl for marinating and a frying pan.

LET'S GET COOKING

- 1 Place the cumin, coriander and fennel seeds in a pestle and mortar and grind to a powder.
- 2 Move the ground spices to a non-metallic bowl which is large enough for the chicken to marinate in.
- 3 Add the sliced shallots, medium chilli, garlic, ginger, chopped coriander, turmeric, cardamom, rapeseed oil and lemon and stir.
- 4 Add the chopped chicken and stir again.
- 5 Cover and place in the fridge. Leave to marinate for 30 minutes – 4 hours or overnight.
- 6 30 minutes before cooking, remove the chicken from the fridge.
- 7 Heat the oil in a large pan over a high heat. Add the marinated chicken and turn down to a medium to low heat.
- 8 Cook the chicken for 10 minutes, stirring from time to time. Check it is cooked by cutting a thick piece in half ensuring that the meat is hot and white inside (not flesh coloured.)
- 9 Serve with basmati rice or brown rice noodles and greens. This is heavenly serves with a homemade satay sauce or a minty garlicky yoghurt.

"You can serve these on skewers as a canape or kids food as I have done in the photo. Simply cook as above and once cooked, feed the chicken on to the skewers or toothpicks, or simply serve heaped on top of rice or noodles."