



## Indian "fakeaway" Cook-a-long

Created by Rebecca Vincent Nutrition



# Chettinad curry with brown rice

23 ingredients · 45 minutes · 2 servings



## Directions

1. Dice the chicken and marinate in the yoghurt, paprika, turmeric, and chilli, preferably overnight, but for at least 1 hour. Get out the spinach to defrost.
2. In a dry frying pan toast the spice mix ingredients for a few minutes, stirring frequently, until fragrant and the coconut is golden. Tip the mix into a pestle and mortar or mini blender and grind to a fine powder. Add 2 tbsp of water to form a paste.
3. Heat a large, deep pan on a medium heat with the oil. Add the onions and soften for a couple of minutes, stirring regularly. Add the curry leaves, ginger, and garlic and fry for another few minutes, stirring frequently.
4. Add the tin of chopped tomatoes and bring to a simmer. Add the chicken along with any remaining marinade, and the spice mix stirring well. Put the brown rice on to boil.
5. Add the cauliflower, chickpeas, and spinach, and leave to simmer for 20 minutes.
6. Drain the rice and serve with a generous helping of the curry, flatbreads and dips.

## Notes

### Leftovers

Keep covered in the fridge for up to 4 days or in the freezer for up to 2 to 3 months.

### More Flavour

Add fresh coriander and lime.

## Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 2 Chicken Thighs
- 2 **tbsps** Plain Greek Yogurt (marinade)
- 1/2 **tsp** Chili Powder (to taste, marinade)
- 1/4 **tsp** Turmeric (marinade)
- 1/2 **tsp** Paprika (marinade)
- 120 **grams** Chickpeas (1/2 can, drained)
- 1 White Onion (medium, diced)
- 100 **grams** Cauliflower
- 160 **grams** Frozen Spinach (2 lumps, or 2 handfuls of fresh)
- 400 **grams** Crushed Tomatoes (1 can)
- 2 Garlic (clove, finely grated or crushed)
- 1 **tbsp** Ginger (peeled and grated)
- 10 Curry Leaves
- 1 **tsp** Cumin Seed (spice mix)
- 1 **tsp** Coriander Seed (spice mix)
- 1/2 **tsp** Fennel Seed (spice mix)
- 4 Whole Cloves (spice mix)
- 1/4 **tsp** Cinnamon (spice mix)
- 2 **tbsps** Cashews (chopped, spice mix)
- 3 Cardamom Seeds (just the seeds, spice mix)
- 1/4 **cup** Unsweetened Shredded Coconut (spice mix)

1/2 cup Brown Rice

# Sweet Potato Flatbread

5 ingredients · 20 minutes · 2 servings



## Directions

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1. Bring a pot of water to a boil. Place sweet potato in a steamer over boiling water and cover for 7 minutes (or until tender). Mash and measure out 1/2 cup. (Set any leftovers aside to use in another meal.)
2. In a mixing bowl, use a spatula to combine the sweet potato, coriander, garlic, and flour. If the dough feels wet, add an extra tablespoon of flour at a time until it is soft and workable.
3. Dust your hands and working surface with flour. Divide the mix into 4 and roll into balls. Then, roll each ball flat to about the thickness of a 10p piece.
4. Heat half the oil in large skillet over medium-low heat and cook each flatbread for about 2 to 3 minutes per side. Add more oil as needed between flatbreads.
5. Transfer to a basket covered with a dish towel until ready to serve. Enjoy!

## Notes

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### Flour

This recipe works well with both normal and gluten-free, white and wholemeal flours, spelt, and even coconut flour.

### Storage

Refrigerate in an airtight container up to 4 days or freeze for up to 6 months.

## Ingredients

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- 1 Sweet Potato (medium, peeled and cubed)
- 1/2 cup All Purpose Gluten-Free Flour
- 2 tbsps Coriander (Fresh)
- 1 milliliter Extra Virgin Olive Oil
- 1 piece Garlic (small clove, peeled and finely grated)

# Coriander chutney

6 ingredients · 10 minutes · 2 servings



## Directions

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1. Add all ingredients to a food processor, and blend to a loose pesto-like consistency. Add more oil if need to loosen.
2. Add a pinch of salt and a tiny touch of sugar, pulse and taste. It should be tangy, sharp, with a nice heat.
3. Enjoy with a curry and flatbreads!

## Notes

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### Leftovers

Store in an air-tight container for up to 4 days. This also freezes well.

## Ingredients

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- 1 cup Coriander (fresh, leaves only)
- 1 tbsp Ginger (peeled, grated)
- 1/4 tsp Cumin
- 1 1/2 tsps Lemon Juice
- 1 tbsp Extra Virgin Olive Oil
- 1 Green Chili Pepper (add 1/2-1, depending on heat)

# Raita

5 ingredients · 15 minutes · 2 servings



## Directions

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1. Toast the mustard seeds in the oil in a pan on a medium heat, as soon as they start to pop remove from the heat.
2. Squeeze the excess water out of the grated cucumber, and mix with the yoghurt, mint, mustard seeds and a pinch of salt.
3. Enjoy with a fragrant curry and flatbreads.

## Notes

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### Dairy-Free

Use a plain dairy-free yogurt instead of Greek yogurt.

### Storage

Best enjoyed immediately but will keep in an airtight container up to 2 days in the fridge. Stir well before serving.

## Ingredients

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- 75 grams** Cucumber (grated)
- 1/4 cup** Plain Greek Yogurt
- 1 stalk** Mint Leaves (fresh, finely chopped)
- 1 tsp** Extra Virgin Olive Oil
- 1/2 tsp** Mustard Seeds