



Indian Chicken Rice Casserole



Time: 50 min.

Difficulty: Easy

Ingredients (6-8 people)

• Ingredients

- Organic Strained Tomatoes 750g 1 ¾ Cup + 2 Tbsp
- Chicken thighs 2.5 Lbs
- Chili powder ½ tsp
- Cilantro, roughly chopped ¾ cup
- Dairy-free or Greek plain yogurt ½ Cup + 2 Tbsp
- Fresh garlic, minced ½ Tbsp
- Fresh ginger, minced 1 tsp
- Full-fat coconut milk 1 cup + 2 tbsp
- Garam Masala 2 ¼ tsp
- Ghee 1 ½ tbsp
- Golden raisins ½ cup
- Ground cardamom ¼ tsp
- Ground cumin 1 tsp
- Large onion ½ thinly sliced
- Lemon juice Half a large lemon
- Sea salt, divided 1 ¼ tsp
- Turmeric 1 tsp
- White jasmine rice 1 ½ cups

For this recipe we used:



Preparation

In a large bowl, whisk together all of the ingredients up to the chicken thighs, using only ½ tsp of the salt, reserving the rest for later.

Roughly chop the chicken thighs and place them into the yogurt mixture, stirring so they are evenly coated. Cover and refrigerate at least 6 hours, up to overnight.

Once the chicken is marinated, heat the ghee up in a large, non-stick, high-sided pan on medium/high heat. Add the onion and cook until tender, about 3-5 minutes.

Once the onion is tender, scrape the chicken into the bowl along with the marinade. Cook until the chicken is tender, stirring frequently, about 5-10 minutes.

Once cooked, stir in the **Pomi Organic strained tomatoes**, coconut milk, rice and remaining salt until well combined. Bring the mixture to a boil and boil for 3 minutes, stirring constantly so that the bottom doesn't burn.

Reduce the heat to medium/low, cover and cook an additional 20 minutes, or until the rice is tender.

Stir in the cilantro and golden raisins and serve!

Recipe by Taylor of Foodfaithfitness.com