

Chicken Ruby

Makes 4 servings



Ingredients (allergens in bold)

- 2 tablespoons vegetable oil
- 2 onions – peeled and finely chopped
- 2 garlic cloves – peeled and crushed
- 1 dessertspoon root ginger – grated (or ½ teaspoon dried ginger)
- 2 teaspoons garam masala
- 1 teaspoon chili flakes
- 1 red pepper – de-seeded and chopped
- 1 large chicken fillet – cut into small pieces
- 1 x 400g can chopped tomatoes
- 1 x 400g can green lentils – drained and rinsed
- 250ml cold water
- small bunch of fresh coriander – finely chopped

Method

1. Heat the oil in a large saucepan. Fry the onions until soft.
2. Add the crushed garlic, grated ginger, spices and red pepper. Cook slowly for 5 minutes.
3. Add the chicken, tomatoes, green lentils and cold water.
4. Cook on a low heat for about 30 minutes until the chicken is tender.
5. Add the chopped coriander and serve with rice and side



Equipment

- large saucepan with lid
- sharp knife
- chopping board
- garlic crusher
- wooden spoon
- dessertspoon
- teaspoon
- can opener
- colander
- measuring jug

Recipe notes and tips

- This recipe includes lentils to stretch the meat. A healthy and planet-friendly approach to cooking.
- The chicken isn't fried in oil but cooks by stewing in the sauce – this keeps it nice and tender and reduces the fat content of the dish.
- Scale this recipe up to batch cook for an event.