Main dishes / India

chicken breast and aubergine skillet · India

A savoury India-inspired Studio variation with aubergine, chicken breast and a fragrant finish.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 30 ml neutral cooking oil
- ☐ 600 g chicken breast
- ☐ 500 g aubergine
- ☐ 180 ml low-salt vegetable stock
- ☐ 3 g ground cumin
- ☐ 3 g ground coriander seeds
- ☐ 2 g ground turmeric
- ☐ salt and pepper to taste

Let's make it.

01 Clean the aubergine and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the aubergine and cook for a few minutes.

03 Add the stock, cover and simmer for 14 minutes until the vegetables are tender.

04 Cook the chicken breast in a separate frying pan until the centre reaches at least 74°C.

05 Combine the cooked main ingredient with the vegetables. Stir in the ground cumin, ground coriander seeds, ground turmeric and taste before serving. Serve straight away.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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