Main dishes / India

Chicken braise with beetroot and frozen peas · India

A gentle chicken braise with cooked beetroot, frozen peas and a light India-inspired sauce.

Time 45 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 600 g chicken breast
- ☐ 300 g frozen peas
- ☐ 3 g ground cumin
- ☐ 2 g ground turmeric
- ☐ 30 ml neutral cooking oil
- ☐ 350 g cooked beetroot
- ☐ 400 ml low-salt vegetable stock
- ☐ 3 g ground coriander seeds
- ☐ salt and pepper to taste

Let's make it.

01 Dice the chicken evenly. Clean and chop the vegetables and finely chop the onion.

02 Soften the onion in the oil. Add the chicken and brown all over, using clean utensils.

03 Add the vegetables and stock and bring to a boil. Cover and simmer gently for twenty-five minutes.

04 Check the chicken reaches at least 74°C at the centre and the vegetables are completely tender.

05 Stir in the ground cumin, ground coriander seeds, ground turmeric and taste before serving.

AI-developed, not kitchen-tested.

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