

FIRST PROJECT

RICE AND CHICKEN STEW RECIPE.

INGREDIENTS:

Jasmine rice - 2 cups
Chicken (boneless) - 8 pieces
Vegetable oil - 4 tablespoons
Thyme - 1 teaspoon
Curry powder - half tablespoon
Raw onions (white) - 1 medium
Tomatoes - 8 pieces
Bell pepper (red) - 4 large
Water - 2 litres
Tomato ketchup - 1 tablespoon
Ginger powder - 1 teaspoon
Garlic powder - 1 teaspoon
Maggi chicken seasoning - 2 cubes
Raw green hot chilli peppers - 4 pieces
Tomato paste - 2 satchets
Carrots - 2 pieces
Green peas
Salt

INSTRUCTIONS:

Step One

Wash all vegetables (onions, carrots, green peas, fresh peppers, red bell peppers, tomatoes) and cut into big chunks. Put the vegetables and herbs into a baking plate and grill in the oven for at 350 °F for 15 minutes.

Step Two

Fry the cooked chicken in hot oil until brown then keep aside. In the same pot add curry, thyme, ginger and garlic and stir fry for 2 minutes. This entire process should take 5 minutes.

Step Three

Add the tomato paste and allow to fry for 10 minutes, stirring at intervals.

Step Four

Add salt, 2 Maggi chicken seasoning cubes, water, grilled vegetables and stir, cover and allow to stew for 15 minutes. Add carrots and green peas and allow

to simmer for 5 minutes. This step should last an entirety of 20 minutes.

Step Five

Wash the rice making sure to get all impurities and dirt out.

Step Six

In a saucepan, add a litre of water and allow to boil for 15 minutes on high heat.

Step Seven

Pour the washed rice into the saucepan with boiling water and add a tablespoonful of salt. Cover the saucepan with a lid, lower the heat and allow to cook for 30 minutes.