



# Creamy Free Range Chicken Pasanda With Naan And Rice

★★★★☆ 84 reviews

Pasanda means "favourite" in Urdu, possibly because it's such a crowd-pleaser. To make this creamy curry, you'll add free range chicken to a rich, mildly spiced sauce, then serve with rice and garlic and coriander... [Read more](#)

🕒 35 mins

🌍 Indian

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## Ingredients for 2 people

[Cooking for 3?](#) 1 and a half for each ingredient

[Cooking for 4?](#) Double each ingredient



Intense chicken stock mix (5.5g)



Garam masala (1tbsp)



British free range chicken breast portions (2pcs)



Solid creamed coconut (25g)

-  Ground turmeric (0.5tsp)
-  Natural yoghurt (80g) †
-  Mini garlic & coriander naans (2pcs) †
-  Fresh root ginger (15g)
-  White basmati rice (100g)
-  Garlic clove x2
-  Ground almonds (25g) †
-  Tomato
-  Brown onion
-  Flaked almonds (15g) †

## You'll also need

salt, sugar, vegetable oil, water (or dietary alternatives)

## Cooking instructions

Instructions for 2 [for 3] [for 4] portion recipe



1. Before you start cooking, take your **chicken** out of the fridge, open the packet and let it air, then heat a large, dry, wide-based pan (preferably non-stick) over a medium-low heat

Once hot, add your **flaked almonds** and cook for 2-3 min or until toasted and

lightly golden then transfer to a plate and set aside for later, reserve the pan

Tip: Watch them like a hawk to make sure they don't burn!



**2.** Peel and finely chop your **brown onion[s]**

Peel (scrape the skin off with a teaspoon) and finely chop (or grate) your **ginger**, then peel and finely chop (or grate) your **garlic**

Chop your **tomato[es]** into wedges

Return the pan to a medium-high heat with a generous drizzle of **vegetable oil**

Once hot, add the **chopped onion** with a pinch of **salt** and cook for 6-7 min or until softened



**3.** Once the onion has softened, add the **chopped ginger** and **garlic** with your **garam masala** and **ground turmeric** and cook for 4-5 min further or until fragrant

Tip: Add a little more oil if the pan looks a little dry



**4.** Meanwhile, chop your **free range chicken breast portion[s]** into large, bite-sized pieces



5. Add your **basmati rice** and 250ml **[320ml] [500ml] cold water** to a pot with a lid and bring to the boil over a high heat

Once boiling, reduce the heat to very low and cook, covered, for 10-12 min or until all the water has absorbed and the rice is cooked

Once cooked, remove from the heat and keep covered until serving



6. Once the spices are fragrant, increase the heat to high and add the **chopped chicken** and cook for 2 min or until coated in the spices

Chop your **creamed coconut** roughly (if required!)

Add your **chicken stock mix** with your **ground almonds**, **chopped tomatoes**, **chopped creamed coconut** and a pinch of **sugar** and cook for 8-10 min further, stirring occasionally, or until the chicken is cooked through (no pink meat!)



7. Add your **garlic & coriander naan[s]** to a **toaster** for 1-2 min or until warmed through

Tip: For a little extra indulgence, butter the hot naan once out of the toaster

Once the chicken is cooked through, add your **natural yoghurt** and stir it all together – this is your **creamy free range chicken pasanda**

Serve the **creamy free range chicken pasanda** with the **basmati rice** and **warmed naan** to the side

Garnish with the **toasted flaked almonds**

Enjoy!

## Nutritional information



## Allergens



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