

Peanut Chicken Curry and Rice

Ingredients

2 x 150g jasmine rice
1 head broccoli
chicken thigh fillets
10g Malaysian mild curry powder
200ml coconut milk
40g peanut butter

Method

1. Cook rice

Rinse the rice until the water runs clear. Put in a medium saucepan with 450ml water, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 minutes or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins. Fluff the rice with a fork.

2. Prep ingredients

Coarsely chop the broccoli stem, then cut the head into small florets. Crush or finely chop 2 garlic cloves. Slice the chicken into 1.5cm-thick strips. Put half the curry powder and 1 tbsp vegetable oil in a large bowl and season with salt and pepper. Add the chicken and toss to coat.

3. Brown chicken

Heat a large deep frypan over high heat until hot. Reduce the heat to medium-high and cook the chicken, stirring, for 2-3 mins until browned. Remove the chicken from the pan. Cook the broccoli stem in the same pan over medium-high heat, stirring, for 1-2 mins until softened.

4. Simmer curry

Stir the garlic, coconut milk, peanut butter, remaining curry powder, 2 tsp soy sauce and 125ml ($\frac{1}{2}$ cup) water into the curry and bring to a simmer. Reduce the heat to medium. Add the chicken and broccoli florets and cook, covered, for 7 minutes or until the chicken is cooked through and the broccoli is tender.

5. Serve up

Divide the salad among bowls and top with the tofu. Drizzle with the mayonnaise mixture, scatter over the spring onion and sunflower seeds and enjoy!