



Goodness knows where geographically you might find a combination like this ? Apart from our table! But we used what we had in and a bit of kitchen treachery! We had the remains of a supermarket roasted Chicken with was reduced to £1.20 from which we have now had two good meals. What actually inspired this odd combination was the Chicken and Plain Yoghurt we had in the fridge.

Pico De Gallo based sauce.

Ingredients:-

I tin of chopped Tomatoes
2 medium Onions, finely chopped
2 tsp flaked Chilli
3 tsp Sugar
2 tsp Fish Sauce
Cumin Seeds
Dried Coriander
Salt & Pepper
Oil

Method:-

- (1) Fry the Cumin seeds in a little oil and add the Onions.
- (2) Fry until the Onions are translucent.
- (3) Add all the other ingredients and bring to the boil.

(4) Reduce the heat and simmer for 30 minutes stirring occasionally to reduce.

Rice.

Ingredients:-

Long grain Rice

1 tsp Turmeric

Salt

Method:-

- (1) Bring a large pan of Salted water to the boil.
- (2) Add the rice and stir once to prevent it sticking.
- (3) Reduce the heat and simmer until the Rice is tender.
- (4) Drain and set aside.

Black Lime coated Chicken.

Ingredients:-

The meat from ½ a cooked Chicken

Plain Yoghurt

Plain Flour (Gluten free in our case)

4 dried whole red Chillies

3 Black Limes

Oil

Salt

Method:-

- (1) Cut the Chicken into bite sized pieces.
- (2) Add the Yoghurt to a bowl and coat the Chicken.
- (4) Wuzz the Black Lime and Chillies.

- (5) Mix all the dried ingredient in a separate bowl.
- (6) Heat the oil in a deep fat fryer, or pan if you're very brave!
- (7) Coat the Chicken pieces in the flour mix in batches and fry for 2 minutes.
- (8) Remove and drain on kitchen roll.

Raita.

Ingredients.

1/3 of a Cucumber cut into small pieces

Plain Yoghurt

A Squeeze of Lemon

Dried Mint

Method:-

- (1) Mix everything together in a bowl and set aside.

Gluten Free Naan Bread.

Ingredients:-

125g Gluten Free Flour

Salt

75ml Water

25g Plain Yoghurt

Method:-

- (1) Mix the ingredients into a dough.
- (2) Roll out Naan Bread sized discs about 8mm thick.
- (3) Cook on a dry skillet or large frying pan on both sides until lightly browned.

Deep fried Cabbage.

Ingredients:-

1 leaf of Spring Green Cabbage cut into strips

Salt

Method:-

- (1) Deep fry the Cabbage until it starts to crisp but is still green.
- (2) Remove from the oil and drain.
- (3) Sprinkle with Salt and set aside.

Putting everything together.

- (1) Boil a full kettle of water.
- (2) Re-dunk the coated Chicken in the heated oil in batches and drain again.
- (3) Run the boiling water through the Rice shaking well to flush out any starch and heat the Rice.
- (4) Plate the Rice with a hollow in the centre.
- (5) Add the coated Chicken to the hollow.
- (6) Spoon the Pico De Gallo style sauce over the Chicken.
- (7) Sprinkle the fried Cabbage over the top.
- (8) Serve with the Naan bread and Raita as sides.

This sound dreadfully complicated, but it really wasn't. The sweetness and slight acidity of the sauce went very well with the coated Chicken. All in all we really enjoyed this and it was well within budget. Win-Win!