



Baked chicken masala with almond pilaf

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g brown basmati rice
- ☐ 2 tsp turmeric
- ☐ 5 tsp curry powder
- ☐ 2 tbsp almonds flaked
- ☐ 6 tbsp natural yogurt low-fat
- ☐ 2 large chicken breasts skinless cut into chunks (500g 1lb 2oz)
- ☐ 8 medium tomatoes halved
- ☐ 2 large onions red thinly sliced

☐ 0.5 small bunch coriander leaves picked

Equipment

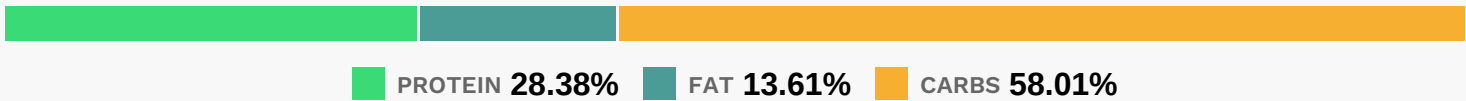
☐ sauce pan

☐ oven

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Put the rice in a saucepan with 600ml water, 1 heaped tsp turmeric, 1 tsp curry powder and some salt. Bring to the boil, stir, cover, turn heat to low and cook for 30 mins, or until tender. Try not to take the lid off during cooking.
- ☐ Remove from heat and leave covered for 5 mins.
- ☐ Add the almonds, and fluff with a fork.
- ☐ Meanwhile, mix 2 tsp curry powder, the remaining turmeric, 2 tbsp yogurt and seasoning.
- ☐ Add chicken and toss to coat.
- ☐ Toss the tomatoes and onions in a roasting tray with the rest of the curry powder, then nestle in the chicken pieces.
- ☐ Bake for 15–20 mins until the chicken is cooked through and the veg are soft. Scatter over the coriander and serve with the rice and remaining yogurt.

Nutrition Facts



Properties

Glycemic Index:44.55, Glycemic Load:33.83, Inflammation Score:-10, Nutrition Score:30.792174235634%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 1.69mg, Naringenin: 1.69mg, Naringenin: 1.69mg, Naringenin: 1.69mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.89mg, Isorhamnetin: 2.89mg, Isorhamnetin: 2.89mg, Isorhamnetin: 2.89mg

2.89mg, Isorhamnetin: 2.89mg, Isorhamnetin: 2.89mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 13.14mg, Quercetin: 13.14mg, Quercetin: 13.14mg, Quercetin: 13.14mg

Nutrients (% of daily need)

Calories: 483.32kcal (24.17%), Fat: 7.31g (11.24%), Saturated Fat: 1.43g (8.91%), Carbohydrates: 70.07g (23.36%), Net Carbohydrates: 63.66g (23.15%), Sugar: 11.32g (12.58%), Cholesterol: 74.12mg (24.71%), Sodium: 171.93mg (7.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.27g (68.55%), Vitamin B3: 14.68mg (73.4%), Manganese: 1.36mg (68.07%), Selenium: 47.55µg (67.93%), Vitamin B6: 1.28mg (64.16%), Vitamin C: 40.21mg (48.74%), Phosphorus: 463.57mg (46.36%), Vitamin A: 2191.66IU (43.83%), Potassium: 1331.71mg (38.05%), Vitamin B5: 2.74mg (27.37%), Magnesium: 104.9mg (26.22%), Fiber: 6.41g (25.66%), Vitamin K: 25.74µg (24.52%), Vitamin E: 3.52mg (23.47%), Copper: 0.42mg (20.96%), Vitamin B2: 0.34mg (19.86%), Vitamin B1: 0.26mg (17.63%), Iron: 3.12mg (17.34%), Folate: 67.27µg (16.82%), Zinc: 2.43mg (16.17%), Calcium: 143.38mg (14.34%), Vitamin B12: 0.39µg (6.57%)