

# Indian seared chicken & vegetables

*Serves 2*



## Ingredients

- 1 tsp coriander seeds (or ready ground)
- ½ tsp cumin seeds (or ready ground)
- ½ tsp fennel seeds (or ready ground)
- 2 tsp cornflour
- ¼ tsp salt
- ¼ tsp ground turmeric
- 200g skinless, boneless, chicken breasts or thighs, cut into 1-inch cubes
- 1 tbsp oil, divided
- 2 large carrots, diced
- 1 large green pepper, cut into 1-inch cubes
- 1 large red pepper, cut into 1-inch cubes
- 1 small red onion, diced
- 2 large cloves garlic, thinly sliced
- 1 fresh red chilli, finely chopped
- 2 tsp lime juice
- handful fresh mint leaves, finely chopped

## Method

If using whole spices, grind coriander, cumin and fennel seeds in a spice grinder (such as a clean coffee grinder) or a mortar and pestle until the mixture resembles coarsely ground pepper. Transfer to a medium bowl and add cornflour, salt and turmeric; stir to combine. Add chicken and stir until coated with the spice mixture.

Preheat a wok or frying pan over high heat. Add 2 tsp oil. When the oil is shimmering, add carrots, pepper, onion, garlic and chillies. Cook, stirring, until the vegetables begin to brown, 4 to 6 mins. Transfer to a plate. Reduce heat to medium-high and add the remaining 1 tsp oil to the pan.

Add the chicken and seasonings from the bowl and cook, stirring, until no longer pink in the middle, 5 to 7 mins. Stir in the vegetables, lime juice and mint and cook until heated through, about 30 seconds.