



Pakistani Chicken and Rice

As Savita Nooreen from Gilgit, Pakistan, taught Lindsay Sterling in Freeport, Maine.

Makes: 4-6 Servings

Cooking Time: 40 minutes

Ingredients

- 1 onion, diced
- 3 cloves garlic, minced
- 4 chicken breasts, cut into 1 inch chunks
- 1 tsp chili powder
- 2 tsp turmeric
- 1/2 + 1/2 tsp salt (preferably Himalayan!)
- 14 oz. chopped tomatoes
- 1 Tbsp water
- 2 cups rice
- 2 Tbsp butter
- 1 tsp green cardamom powder
- 1 tsp ground cumin
- 1" ginger root, peeled and chopped, then mashed in a mortar and pestle
- 1/4 + 1/4 cup fresh cilantro, rough chopped
- [raita](#)
- 6 pieces flatbread or [homemade roti](#) (optional)

Equipment

- cuttingboard
- chef knife
- small pot with lid
- large, deep sauté pan
- measuring spoons (or just eyeball it)
- can opener if using canned tomatoes
- mortar and pestle
- medium mixing bowl

Instructions



1. In large, deep saute pan on medium heat, fry onions and garlic in 2 Tbsp oil until soft. Mix in chicken, chili powder, turmeric, and 1/2 tsp salt. When chicken is cooked on the outside, add chopped tomatoes and 1 Tbsp water and cover. Cook for 15-20 minutes.
2. While that is cooking, cook rice in another pot. (Bring rice and 4 cups water to a boil. Add 1 tsp salt. Once boiling, turn heat to simmer and cover. Turn off heat after 20 minutes.)
3. After chicken has cooked for 15 minutes, remove lid. Let juices evaporate for a couple minutes, stirring occasionally to prevent burning. Mix in butter, cardamom, cumin, ginger and 1/4 cup chopped cilantro. Turn off heat and let sit for 5 minutes.
4. Add remaining 1/4 cup cilantro. Serve rice and chicken with raita and flatbread if you like. Garnish plates with cilantro.