



# Step-by-step mild curried chicken potjie with banana

*A particularly flavourful, aromatic curry.*

Less than 2 hours    **Serves:** 6

**Recipe Type:** Mains

**Main Ingredient:** Chicken

## Ingredients

### Cooking sauce

- 1 packet Ina Paarman's tikka curry coat and cook sauce, 200ml
- 2 cups hot water
- 1 tbsp chicken stock powder, or 2 sachets stock concentrate
- 1 cup coconut milk

### Main Ingredients

- 10 chicken drumsticks and thighs, skin on
- 2 tbsp PnP self-raising flour
- 1 tbsp masala spice
- 3 tbsp PnP Canola oil, or sunflower oil
- 2 large PnP red onions, sliced
- 2 large PnP carrots, sliced
- 375 ml PnP long-grain rice
- 1 can PnP chopped tomato, 410g
- 6 PnP bananas, peeled and sliced
- 1 bunch coriander leaf, to serve

## Method

### Step 1:

- Trim excess fat from chicken and dust with a mixture of flour and masala spice.
- Heat a no. 2 potjie over the coals, then add oil. Tilt potjie to coat base with oil. Add chicken pieces and brown in 2 batches. Remove and set aside.
- Add onions, carrots, any leftover masala spice and flour mixture to remaining oil in potjie and stir-fry until soft and aromatic.
- Remove and set aside on a plate.

### Step 2:

- Start layering potjie; place half the chicken pieces back in pot and sprinkle over half the raw rice.
- Add half the vegetables and half the tomatoes.
- Cover with 3 sliced bananas.
- Repeat layers with remaining potjie ingredients.
- Mix curry sauce, hot water, chicken stock powder and coconut milk. Pour into pot.

### Step 3:

- Cover with a tight-fitting lid and pile hot coals on top of potjie (to make sure the contents cook evenly).
- Slowly cook over moderate coals for 1½ hours. Don't open lid until 1¼ hours of cooking has elapsed.
- Top with fresh coriander leaves stripped from the stems, or coriander pesto and serve.

### Ina's tips:

- Also excellent when cooked in the oven. Bake in a deep casserole ovenproof saucepan covered with a lid, at 180°C for 1½ hours.
- Improves with standing, like all curry dishes.
- Delicious served with apple and/or tomato sambal salads.

