



BENDIGO
Foodshare



Bendigo **Community
Health Services**

Kabuli Pulao (Spiced Chicken Pilaf)

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Ingredients - Serves 15

- **cup vegetable oil**
- **onions chopped (2kg)**
- **2kg chicken thigh fillets, cut into 2 cm cubes - HALAL**
- **1½ tsp garam masala**
- **1 tsp ground cardamom**
- **1 tsp ground cinnamon**
- **1 tsp ground black pepper**
- **1 tbsp salt (add less or more to taste)**
- **120g slivered almonds**
- **1kg carrots cut into matchsticks**
- **300g seedless raisins**
- **6 tsp sugar**
- **2 kg basmati rice**



Method

- 1. Peel and dice the onion**
- 2. Cut the Chicken into 2cm cubes**
- 3. Heat the oil in a large pot and sweat the onion (soften without browning) for approx. 15 minutes. Remove from the pan.**
- 4. Add the chicken to the pan and fry until brown.**
- 5. Add the spices to the pan (garam masala, cardamom and cinnamon) and the pepper and salt and stir for a minute.**
- 6. Add 4-5 cups water and simmer for one hour.**
- 7. While the meat is cooking: Toast the almonds in a clean dry frying pan until golden. Remove from pan and set aside.**
- 8. Peel and cut the carrot into julienne (matchstick) strips. Fry in oil, stirring often, until lightly coloured.**
- 9. Add the raisins to the pan and continue to cook stirring, until raisins become plump.**
- 10. Sprinkle sugar into the pan and set aside.**
- 11. Wash the rice at least 4 times and drain well. Cook in the rice cooker.**
- 12. To serve:**
 - Place the rice on a platter**
 - Pour most of the meat sauce over the rice**
 - Top with the meat, carrot/raisin mix and remaining sauce, top with almonds**