THE LIGHTER PLATE METHOD

Turmeric & Coconut Chicken Bowl

Golden, gently spiced chicken and rice cooked together in one pan for minimal washing-up.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**25 min**	**35 min**	**4**	**EASY**

Ingredients

- 500 g chicken thigh fillets (cut into chunks)
- 1.5 tsp ground turmeric
- 1 onion (diced)
- 250 g basmati rice
- 400 ml tin light coconut milk
- 200 ml chicken stock
- 100 g frozen peas
- 1 handful fresh coriander
- 1 lime (cut into wedges)

Method

1. Heat a little oil in a large, deep pan. Brown the chicken for 4–5 minutes, then remove and set aside.
2. Add the onion to the same pan and cook for 4 minutes until soft, then stir in the turmeric and rice for 1 minute.
3. Pour in the coconut milk and stock, return the chicken to the pan, and bring to a simmer.
4. Cover and cook on a low heat for 15 minutes, until the rice is tender and the liquid absorbed.
5. Stir through the peas for the final 3 minutes. Serve scattered with coriander and lime wedges.

Tips & swaps

- Resist lifting the lid too often — the rice needs steady, gentle heat to cook evenly.
- Add a sliced chilli with the onion if you'd like more heat.

Storage & reheating

Keeps in the fridge for 3 days; reheat with a splash of water.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
480	**30g**	**52g**	**17g**	**4g**

Estimated values, for guidance only.