

SAT 9 SEPTEMBER



 **PARKLANDS**
FOOD FEST 
AT LIZARD LOG

westernsydneyparklands.com.au

Sri Lankan Chicken and Spiced Red Rice

BY ROB DOBSON

INGREDIENTS

- 6 large boneless, skinless chicken thigh fillets
- 1 handful coriander leaves
- 1 tablespoon vegetable oil

Marinade

- 260 g (1 cup) plain yoghurt
- 1 tablespoon tomato paste (concentrated puree)
- 3 tablespoons Sri Lankan curry powder
- 1 small brown onion, coarsely chopped
- 4 garlic cloves chopped
- 5cm (2 inch) piece fresh ginger, peeled and chopped
- 1 handful coriander cilantro stems, coarsely chopped

Spice Red Rice

- 300 g (1 ½ cups) red basmati rice
- 2 tablespoons coconut oil
- 1 tablespoon cumin seeds
- 1 teaspoon black mustard seeds
- 3 green cardamom pods, crushed with the back of spoon
- 8-12 curry leaves
- 60ml (1/4 cup) lime juice