Bariis iskukaris

A flavoursome, traditional 1-pot dish from Somalia. This healthy meal is lower-calorie but packed with authentic flavours and bursting with nutrients.

Makes: 4 • Preparation time: 55 mins

Ingredients

- 2 tsp vegetable oil
- 1 onion, chopped
- 4 tsp garlic paste (or 3 cloves)
- 1 tsp cinnamon
- 1 tsp cumin seeds
- 120g fresh tomatoes, chopped
- 600g skinless chicken thighs
- 1 tsp ground turmeric
- 1 tsp cumin
- 2 tsp ground coriander
- 1 reduced-salt stock cube
- 100g carrots, grated
- 200g basmati rice
- 600ml water

Equipment

- Large saucepan
- Grater
- Serving/mixing spoon
- Teaspoon
- Chopping board
- Sharp knife
- Measuring bowl

Top tips

- You can use other cuts of meat, like breasts or legs.
- To save some time, you could use frozen, chopped onion.
- If you're batch cooking, this meal freezes brilliantly

Method

1. Heat the oil in a large saucepan, and gently fry the onions and garlic on medium heat for 2 minutes Add the cinnamon, cumin seeds and chopped tomatoes, and cook for 3 mins on medium heat, stirring frequently.
2. Add the chicken, turmeric, cumin powder, coriander, crumbled stock cube and grated carrot. Mix well and cook on medium-high heat for about 5 minutes, stirring regularly.
3. Add 400ml water, cover the pot and leave to cook on medium heat for 15 minutes, until the chicken is nearly done.
4. Add the rice and stir until it's well coated by the mixture. Add in another 200ml of cold water, stir, then cover the pot and cook on medium-high heat until it starts bubbling (about 5 minutes or so).
5. Once it's bubbling, reduce the heat to low and leave to steam until the rice grains are tender and fluffy – around 10 to 15 minutes.
6. Once ready, serve topped with fresh coriander (if you like) and accompanied by a fresh green salad.