

— AMERICA'S —
TEST KITCHEN

One-Pan Curried Chicken with Coconut Rice and Lime Yogurt Sauce

YIELD Serves 4**TIME** 1¼ hours

Why This Recipe Works

To liven things up, we looked to the warm, complex flavors associated with Indian curries. We cooked our rice in coconut milk, right in the baking dish, stirring in carrots to ensure they would become tender. We sliced the chicken thin and tossed it with bold spices—a mix of curry powder and minced garlic bloomed in the microwave. Because we cut the chicken into small pieces, all we had to do was fold it into the rice, along with some peas, for the last 10 minutes of cooking for tender, juicy results. Our robust casserole was done, but we thought a few simple accompaniments were necessary to give it the complex flavor we were looking for. We whisked up a light and tangy yogurt sauce seasoned with lime zest and juice and cilantro. A sprinkle of scallions provided a fresh, savory bite, and toasted almonds added a crunchy contrast to the tender rice.

Gather Your Ingredients

- ☐ **1** cup plain whole-milk yogurt
- ☐ **2** tablespoons minced fresh cilantro or mint
- ☐ **1** teaspoon grated lime zest plus 1 tablespoon juice
- ☐ Salt and pepper
- ☐ **2** cups boiling water
- ☐ **1**²/₃ cups long-grain white rice
- ☐ **3**/₄ cup canned coconut milk
- ☐ **3** carrots, peeled and cut into **1**/₄-inch pieces
- ☐ **2** tablespoons extra-virgin olive oil
- ☐ **2** garlic cloves, minced
- ☐ **1** teaspoon curry powder
- ☐ **1** pound boneless, skinless chicken breast, trimmed, halved lengthwise, and sliced thin
- ☐ **1** cup frozen peas
- ☐ **1**/₃ cup sliced almonds, toasted

Before You Begin

- * We prefer the richer flavor of whole-milk yogurt here; however, low-fat or nonfat yogurt can be substituted. For an accurate measurement of boiling water, bring a full kettle of water to a boil and then measure out the desired amount.

Instructions

- 1.** Adjust oven rack to middle position and heat oven to 450 degrees. Combine yogurt, cilantro, lime zest and juice, and **1**/₄ teaspoon salt in bowl; cover and refrigerate until serving.
- 2.** Combine boiling water, rice, coconut milk, carrots, and **1**/₂ teaspoon salt in 13 by 9-inch baking dish. Cover tightly with aluminum foil and bake until rice is nearly tender, 25 to 30 minutes.
- 3.** While rice bakes, combine oil, garlic, curry powder, 1 teaspoon salt, and **1**/₄ teaspoon pepper in large bowl and microwave until fragrant, about 30 seconds. Let mixture cool slightly, then stir in chicken.
- 4.** Remove rice from oven, fluff gently with fork, and gently stir in chicken and peas. Re-cover tightly with foil and continue to bake until rice is tender and chicken is cooked through, 10 to 15 minutes.
- 5.** Remove dish from oven, let cool for 10 minutes, then fluff rice gently with fork. Serve, drizzling individual portions with yogurt sauce and sprinkling with almonds and scallions.

○ **2** scallions, sliced thin