

# Turmeric and Cinnamon Chicken and Rice

Serves 4

## Ingredients

1 lb/454 grams chicken thigh or breast

4 cups cabbage (sliced)

1 ¼ cups carrots (sliced)

⅔ cup onion (diced small)

1 cup white basmati rice (rinsed)

1 ⅔ cup bone broth

1 bay leaf

1 ½ tablespoons olive oil

### Spice Mix

¼ teaspoon cinnamon

½ teaspoon ground coriander

½ teaspoon ground turmeric

½ teaspoon salt

¼ teaspoon ground pepper

½ teaspoon garlic powder

## Method

In a small bowl, make your spice mix and set aside

Cut up your chicken into bite sized pieces and toss with ½ of the spice mix, set aside

Chop the rest of your ingredients and place them onto a large plate, set aside.

In a large soup pot (10 inch wide/about 12 cup pot) heat the oil on medium heat and brown the chicken- you may need to do this in batches, your choice. Remove the browned chicken and set aside, add the onions then the carrots and then the cabbage.

Sauté the veggies for a couple of minutes, then add the rest of the spices, bay leaf and the rinsed rice. Stir together, add the broth, stir again and then place the browned chicken on top of the rice and veggie mixture. **DO NOT mix the chicken in with the rice.**

Cover with a lid and simmer on low for 15 minutes.

Remove from the stove, remove the lid, place a dry kitchen towel over the pot then replace the lid. Let sit for 3-5 minutes. This helps soak up the rest of the moisture and then leaves you with fluffy delicious rice and veggies.

\*Everyone's stove top emits heat differently, you may need to cook it a little less or a little more, practice makes perfect!!