



INDIAN-SPICED FRIED RICE

This deceptively simple dish combines golden paneer, fragrant curry leaves and punchy mustard seeds with warmly spiced rice tossed with turmeric and curry powder. Soft scrambled eggs are folded through for richness, while a dollop of mango-infused yoghurt adds cool sweetness. Finished with fresh coriander leaves, a scattering of crunchy Bombay mix and bright pomegranate seeds, it's an eye-catching plate with loads of texture and colour.

Prep time 10 minutes | Cook time 10 minutes | Serves 2

200g paneer or halloumi
5 spring onions
1 red chilli
2 tbsp sunflower or coconut oil
20 curry leaves
1 tsp black mustard seeds
250g cooked rice
2 tsp curry powder
1 tsp turmeric
4 large Burford Brown eggs
A bunch of coriander
6 tbsp yoghurt
2 tsp mango chutney
Bombay mix and pomegranate seeds, to serve

Cut the paneer into 1-2cm cubes, cut the spring onions into 4-5 lengths and cut the chilli in half.

Heat a drizzle of oil in a large nonstick frying pan or wok over medium-high heat and chuck in the paneer for about 5 minutes until it's golden on most sides. Transfer it to a plate.

Add a drizzle more oil, if needed, and fry the spring onions and chilli for about 2 minutes to soften and slightly colour. Add the curry leaves and mustard seeds and cook for a minute until they are fragrant and starting to pop.

Chuck in the rice, curry powder and turmeric, tossing to coat. Push the rice to one side of the pan and add a drizzle more oil to the empty side.

Crack the eggs, season with salt and pepper, then start to scramble using a rubber spatula. Fold the scrambled egg into the rice, add the paneer and toss everything together.

Roughly chop most of the coriander and fold it through the rice.

In a small bowl, swirl together the mango chutney and yoghurt, then plate up the rice, spoon over the yoghurt, sprinkle with extra coriander leaves and scatter with the Bombay mix and pomegranate seeds to serve.



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