



Cyw Iâr Jamdalaya

Cynhwysion

- 1 llwy fwrdd o olew olewydd
- 3 ffyled cyw iâr wedi torri'n ddarnau man
- 1 nionyn wedi'i dorri'n fan
- 2 foronen wedi'i torri'n fan
- 1 cennin wedi sleisio'n fan
- 1 darn o seleri wedi'i dorri'n fan
- 50g o fadarch wedi sleisio
- 1 pupur coch wedi'i sleisio'n dennau
- 1 afal coch wedi'i dorri'n fan
- 2 ddarn o arllleg wedi'i dorri'n fan
- 25g o sultanas
- 25g pinafal wedi'i dorri'n fan
- 375g o reis
- 525ml o isgell (stoc) cyw iâr
- 1 x 400g tun o domatoes wedi'u torri
- 2 llwy fwrdd o puree tomato
- 1 llwy fwrdd o bowdr cyri canolig
- 1 llwy de o berlaysiau cymysg
- 1 llwy de o paprika
- 1 llwy de o powdr chilli

Cynhewswch yr olew drod wres isel ac ychwanegwch y darnau cyw iâr a choginio dros wres isel am 10 munud. Ychwanegwch yr holl lysiau a choginio am 10 munud pellach. Ychwanegwch y tomato puree a'r tomatoes tun, powdr cyri, chilli, perlaysiau a paprika, ac yna y reis a'r isgell (stoc). Ychwanegwch ychydig o ddwr at y gymysgedd fel bod angen, rhag i'r gymysgedd fynd yn rhy sych. Trowch y gymysgedd yn gyson nes bod y reis wedi coginio a'r darnau cyw iâr wedi'i coginio'n drylwyr. Mwynhewch!



Chicken Jamdalya

Ingredients

- 1 tablespoon of olive oil*
- 3 chopped chicken fillets*
- 1 onion, finely chopped*
- 2 carrots, finely chopped*
- 1 leek finely sliced*
- 1 piece of celery finely chopped*
- 50g sliced mushrooms*
- 1 red pepper, thinly sliced*
- 1 finely chopped red apple*
- 2 pieces of garlic finely chopped*
- 25g sultanas*
- 25g finely chopped pineapple*
- 375g of rice*
- 525ml of broth (stock) chicken*
- 1 x 400g tin of chopped tomatoes*
- 2 tablespoons tomato puree*
- 1 tablespoon medium curry powder*
- 1 teaspoon mixed herbs*
- 1 teaspoon paprika*
- 1 teaspoon chili powder*

Warm the oil over a low heat and add the chicken pieces and cook over low heat for 10 minutes. Add all the vegetables and cook for a further 10 minutes. Add tomato puree and the canned tomatoes, curry powder, chilli, herbs and paprika, and then the rice and stock. Add a little water to the mixture as needed, so that the mixture doesn't become too dry. Stir constantly until the rice is cooked and the chicken pieces are thoroughly cooked. Enjoy!