



We had a couple of yellow sticker Chicken Breasts in the freezer. They're not in the freezer any more!

Ingredients for the marinade:-

2 Chicken Breasts, cut into bite sized pieces

½ Tsp of Turmeric

½ Tsp of Cayenne Pepper

½ Tsp of Salt

Ingredients for the Curry:-

1 Onion, diced

3 Cloves of Garlic, minced

1 Thumb of Ginger, grated

1 Tsp of Chilli Powder

1 Tsp of Coriander Powder

1 Tsp of Fennel Powder

1 Tsp of Garam Masala

A handful of Curry Leaves

A punnet of Cherry Tomatoes, chopped

a Handful of Coriander, chopped

400ml of Water

1 Tbsp of Tomato Puree

Oil to fry

Salt & Pepper to taste

Method:-

- (1) Combine the Turmeric, Cayenne, Salt and Chicken.
- (2) Allow to marinade for half an hour.
- (3) In a large pan add a little oil over a medium heat.
- (4) Add the marinated Chicken and cook gently until no-longer pink.
- (5) Set aside.
- (6) Add the Onions to the pan and cook until softened.
- (7) Add the Ginger & Garlic and stir over a medium heat for a minute.
- (8) Add the remaining Spices and the Curry Leaves.
- (9) Add the Tomato Puree and stir well.
- (10) Add the Tomatoes and Water.
- (11) Return the Chicken, reducing the heat to low and simmer for an hour.
- (12) 10 minutes before serving stir in the Coriander.

We severed ours with Sage Aloo, Indian style Sides & Salads and Popadums. This was a really well balanced Curry without the aggression of some Anglicised Curries.