

BUTTER CHICKEN

Serves 4

INGREDIENTS

- chicken breast x 500g, chopped into large pieces
- onion x 1, dice
- garlic cloves x 2, crush
- fresh ginger x 30g, finely chopped
- fresh coriander x 20g, finely chopped
- ground coriander x 1 tsp
- ground turmeric x 1 tsp
- garam masala x 1 tsp
- tomato puree x 60g
- chicken stock x 300ml
- double cream x 100ml
- ground almonds x 60g
- butter/oil
- sea salt
- black pepper
- basmati rice, natural yogurt, mango chutney, poppadoms and nana bread

METHOD

- prepare all the ingredients (see above)
- heat butter/oil over a medium heat in a saucepan/casserole pot
- add the onion, garlic, a pinch of salt, cover with a lid and sauté for 10 minutes, until soft
- add the ginger, ground coriander, turmeric, garam masala, tomato puree and cook for 5 minutes
- add the chicken stock, stir well and boil for 5 minutes
- add the chicken breast, stir well and simmer for 10 minutes
- add the double cream, ground almonds, stir well and cook for 2-3 minutes
- test a piece of chicken to ensure it is cooked
- once the chicken is cooked, remove from the heat
- season with sea salt and black pepper
- sprinkle with fresh coriander
- serve with basmati rice, natural yogurt, mango chutney, poppadoms and nana bread