

Chicken Korma

The word "korma" is derived from Urdu, meaning "braise". Korma has its roots in the Mughlai cuisine of modern-day India and Pakistan. It is a characteristic Moghul dish which can be traced back to the 16th century.

SERVES 6

PREPARATION: 10 MINUTES

COOKING: 25 MINUTES

1.kg chicken breast
1 tbsp of finely grated fresh ginger
2 cloves of garlic, minced
150g low fat yogurt
1 fresh or dried red chilli
2 finely chopped onions
1 tbsp vegetable oil
1 tbsp ground coriander
Pinch of ground black pepper
1 tsp turmeric
1 tsp garam masala
water
75g low fat coconut milk
2 tbps ground almonds
2 tbsp coriander Leaves, to garnish
Juice of 1/2 lemon

1 Cut the chicken breasts into bite sized chunks Mix the chicken with the ginger, garlic and yogurt. Cover and marinade for 12 hours or in the fridge overnight. Finely chop the onion and red chillies

2 Heat the vegetable oil in a pan. Add the ground coriander, ground black pepper, turmeric and garam masala and stir fry for about 1-minute over a low heat.

3 Turn up the heat, add the chopped onion and chilli and stir fry for 10-minutes. Add the chicken and the marinade and continue to stir fry for another 10-minutes.

4 Add the coconut milk and enough water to just cover the chicken and bring to the boil. Stir in the ground almonds.

5 Reduce heat to low, cover the pan and simmer until the chicken is tender (15-20 minutes). Remove from heat, add lemon juice to taste. Mix well.

Top Tip

Why not make it a vegetarian super feast and replace the chicken with your favourite combination of frozen vegetables.

