



Chicken Balti Curry

Serves
4

Ingredients

750g Boneless chicken
(cut into bitesize pieces)

4 tsp Vegetable oil

2 Large onions

(finely chopped)

4 Cloves garlic (minced)

2cm Piece of fresh ginger

400g Chopped tomatoes
(canned or fresh)

150ml Plain yoghurt

2tsp Spicemasters Balti Spice Blend

Salt to taste

Fresh coriander leaves

(chopped for garnishing)

Method

Heat oil in a large pan over medium heat.

Add onions and cook until soft and golden brown.

Add ginger, garlic, and the Balti Spice Blend.

Cook for 2 minutes, stirring continuously.

Add chicken pieces to the pan.

Cook until they are browned and well-coated in the spice mixture.

Add chopped tomatoes and mix well.

Reduce heat, cover, and let it simmer for 10 minutes, or until the tomatoes are soft.

Slowly add the yoghurt to the pan, stirring continuously.

Season with salt to taste, then cover and cook for another 15-20 minutes, or until the chicken is fully cooked.

Garnish with chopped coriander leaves and serve with steamed basmati rice or naan bread.