

Chicken Balti

Serves 2-3

What you'll need:

Main ingredients	Fresh/ frozen	Store cupboard
<ul style="list-style-type: none">• Chicken, 400g• Root ginger, thumb-sized piece• Fresh tomatoes, 2 medium• Coriander, small bunch	<ul style="list-style-type: none">• Butter 50g• Onion, 1 large or 2 small• Garlic, 4 cloves• Salt, ½ tsp	<ul style="list-style-type: none">• ½-1 tsp mild/ medium chilli powder• ¼ tsp ground turmeric• ¼ tsp garam masala• ¼ tsp ground coriander

Method:

1. Heat 4 tbsp ghee or 50g butter in a large frying pan on a medium heat.
2. Dice the onion/s as the butter heats up. Put them in the pan and add ½ tsp salt, allow to sizzle away.
3. Now coarsely chop the garlic and grate the ginger.
4. When the onions are golden brown, add the ginger and garlic to the pan, then add the roughly chopped fresh tomatoes. Cook for a min or two, stirring occasionally over a medium heat/simmer.
5. When tomatoes are soft add the spices, 1 tsp red chilli powder^{***}, ¼ tsp of turmeric, ¼ tsp of garam masala and ¼ tsp ground coriander. (***) Use a mild/medium chilli powder, not a hot chilli powder. If you only have hot - use much less!!)
6. Cook for 30 seconds or so and then add 400g of chopped chicken (that's about 2 large breasts), infuse and seal chicken over a low slow simmer. If you like heat, add a few extra sliced green chillies towards the end of cooking for some crunch.
7. When chicken is cooked, add some water to make a sauce - about 1 cup of water, bring to a simmer and reduce on a low simmer until it thickens.
8. Finish the dish with fresh chopped coriander.
9. Serve with your preferred side dish or dishes. We like cauliflower or broccoli rice to keep it low-carb.

Notes & tips

75 degrees is the temperature at which chicken is cooked. Insert a food thermometer into the thickest part of the meat. If it's at 75 degrees, it can come off the heat and left to rest.

inspired by a recipe from The Balti Brothers. If you've never made a curry before, check out their 'how-to' video on YouTube (but do follow our simplified version and ingredients list to keep it simple - you don't need rapeseed oil or fenugreek leaves as they have).

cauli or broccoli rice you'll find the how-to-make on our simple swaps page: <https://www.purition.co.uk/blogs/articles/simple-swaps>