



These Chicken Breasts we're really good value. It was a pack of 7 for £2.29 which we wrapped in pairs and popped in the freezer. The odd one out went in a casserole a while ago.

Ingredients:-

2 Large Chicken Breasts, halved lengthways
1 Onion, diced
3 Cloves of Garlic, minced
A Thumb of Ginger, grated
A Thumb of fresh Turmeric, grated
1 Tbsp of medium Curry Powder
1 Tsp of ground Cumin
1 Tsp of ground Coriander
1 Tsp of Cayenne Pepper
1 Can of chopped Tomatoes, plus half a can of Water
200ml of Yogurt
1 Tsp of Garam Masala
A Handful of fresh Coriander, chopped (To garnish)
The juice of half a Lime (To garish) 200g of Mushrooms, sliced
2 Red Chillies, deseeded and sliced
Salt & Pepper to season
Oil to fry

Method:-

- (1) Season the Chicken with Salt.
- (2) Heat Oil in a large frying pan over a high heat.
- (3) Add the Chicken and sear both sides until browned.
- (4) Remove and set aside.
- (5) Reduce the heat and add the Onion, Garlic, Ginger, Chillies and Turmeric.
- (6) Fry gently until the Onions are softened.
- (7) Stir in the Curry Powder, Cumin, Coriander and Cayenne.
- (8) Fry for a further minute while stirring.
- (9) Add the Mushrooms and a dash of Water to loosen.
- (10) Add the Tomatoes, Yogurt and chopped Coriander leaves.
- (11) Season with Salt & Pepper.
- (12) Return the Chicken to the pan and add half a can of water.
- (13) Bring to the boil, turning the Chicken to coat with the sauce.
- (14) Turn the heat down to a simmer and allow to cook for 20 minutes.
- (15) Ten minutes before serving stir in the Garam Masali.
- (16) Garnish with chopped Coriander and a squeeze of Lime.

We like the flavour contrast created by only halving these Chicken Breasts. Ours was served on a bed of mixed Rice with home fried Popadums and Indian style dips.