

Quick Chicken Korma

Serves 2

This is another fast idea I've come up with to make use of a few basic spices. I've made a simple curry paste mixture which can be used with turkey breasts also.

Ingredients

2 tbsp olive or sunflower oil, plus a little extra to make the curry paste
1 onion, chopped
3 cloves garlic, crushed or chopped
2-3 chicken breast fillets, boneless, skinned and chopped into bitesize pieces
¼ tsp salt
¼ tsp turmeric
½ tsp paprika
1 tsp ground cumin
2 tbsp single cream
A few coriander leaves, washed and chopped

Preparation

Heat the oil in a frying pan, then put in the onion and fry for 1 minute. Tip in the garlic and the chicken and continue to fry for 7-8 minutes until its white on the outside. While the chicken is frying, in a small bowl, mix the salt, turmeric, paprika, cumin and tomato puree with a little oil to form a thick deep reddish brown paste. Add the paste to the chicken mixture. Stir well and mix for about a minute. Add 6-8 tbsp of water to make a gravy or a sauce. Turn down the heat and let it simmer for 2 minutes more. Fold in the cream. Garnish with the coriander leaves.
Serve the curry with hot pitta breads or plain Basmati Rice.
This can be stored in a covered vessel in the fridge or frozen on the day of preparation. But make sure you defrost the chicken thoroughly before reheating.

Tips:

You can substitute parboiled or partially boiled mixed vegetables for the chicken.

If the curry is too hot, add a couple of tbsp of whipped natural yogurt or more single cream gradually into the curry and cook for another minute.

Mango Lassi

Serves 2

Ingredients

100ml (3½fl oz) single cream
200ml (7fl oz) semi-skimmed milk
400ml (14fl oz) natural unsweetened yogurt
400ml (14fl oz) mango pulp or one ripe mango, peeled and chopped
4tsp caster sugar

Preparation

Blend the ingredients together and serve with ice.

