

# Steph's version of a Chicken Curry

*with* red peppers and basmati rice

## Ingredients

**This is a flavoursome simple quick dish to make a tasty chicken curry - perhaps not traditional, but very tasty...**

**Serves 3 - 4 portions**

*For the Chicken curry*

- 2 free range chicken breasts skin and bone off - diced
- 1 white onion - peeled and diced
- 2 ripe tomatoes - stem removed and diced
- 1 red pepper - core removed, de-seeded and diced
- 6 baby corn - cut into rounds
- Small handful of mangetout
- 1 tbsp tomato purée
- 1 tin of Italian chopped tomatoes
- ½ or 1 finely diced red chilli, depending how hot you like it.
- 4 small cloves of garlic - crushed
- 4 cm ginger – peeled and finely chopped
- 1 small handful of coriander - finely chopped
- 1 tbsp cardamom pods
- 1 tbsp fennel seeds
- ½ tsp chilli powder (optional, remove if you like your curries mild)
- 1 heaped tbsp garam masala
- ½ tsp cinnamon powder
- 1 tbsp coriander seeds
- 1 tsp smoked paprika
- 1 tsp turmeric
- 1 tsp mustard seeds
- 1 tsp sugar
- ½ tsp salt
- Rapeseed oil or vegetable oil for frying

*For the rice*

- 250g basmati rice
- ½ tsp salt
- Cold water to cover

*For the cucumber yoghurt raita*

- 2 small pots (approx. 400g) of natural yoghurt
- ¼ cucumber - washed and finely diced
- ½ tsp cardamom powder
- 2 tbsp chopped fresh mint leaves

## Now Let's Cook

### Method for the Chicken Curry

1. Firstly, heat a tablespoon of oil in the pan and add the fennel seeds, cardamom pods and mustard seeds and cook until they start to pop.
2. Now add the diced onion and cook for at least 8-10 mins on a medium-high heat until you get a good golden colour.
3. Add the chopped chilli, ginger, garlic and the rest of the spices, stir and continue to cook for a further 3-4 mins until the spices are cooked out.
4. Add the raw diced chicken along with a tablespoon of tomato puree and stir.
5. Add the red peppers, the tin of chopped tomatoes and baby corn pieces.
6. Place the lid on the curry and slowly cook until the chicken is tender – you may wish to add a splash of water at this stage to loosen the curry if necessary.
7. Add the mangetout and cook for a further minute.
8. Now taste the curry and add the salt, sugar and then the natural yoghurt. (You will be amazed how this tempers the flavours and finishes off the curry, as shown to me by a real specialist in spice cooking!)
9. Finally serve garnished with a sprinkle of chopped fresh coriander.

### Method for the rice

1. Simply cover the rice with the salt and cold water in a pan up to 1cm above the top level of the rice. Place a lid on and cook on a medium-high heat until it comes to the boil, then turn down to a lower heat and cook for a further 5 mins leaving the lid on.
2. Now turn down to a very low heat to slowly finish cooking - this should take a further 5 mins.
3. The rice is cooked when all the water has evaporated and the grains are fluffy and light - ready to serve.

### Method for the cucumber yoghurt raita

1. Simply place all ingredients together and stir ready to serve.

### To assemble the dish

Simply place the rice on the plate, add 2 - 3 ladles of chicken curry, spoon cucumber raita over the top and serve.

**Enjoy and stay safe!**

*My top tip is to make this curry the day before you eat it and leave it to cool then place in the fridge overnight – cook the rice and make the raita fresh on the day but the curry flavours will improve overnight in the fridge and be stunning the next day.*

