

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 likes 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.