

## **Punjabi chicken curry**

### **Ingredients**

- 1kg boneless diced chicken
- 2 medium sized onions chopped and diced finely
- Thumb size ginger chopped finely
- 2 green finger chillies chopped finely
- 2 cloves of garlic chopped finely
- 2 tablespoons of vegetable oil
- ½ tin of chopped tomatoes
- 1 ½ teaspoons of salt
- 1 ½ teaspoons of garam masala
- 1 ½ teaspoons of turmeric
- Chopped coriander for garnish
- Small cup of water

### **Method**

Heat the oil in a sturdy medium sized saucepan. Add the onions, ginger, garlic and chillies and lightly fry these for a few minutes stirring these occasionally. Add the ½ tin of tomatoes along with the salt and allow this to cook gently on a low heat for a further 5 minutes. Then add the garam masala and turmeric continue cooking. Let the sauce at this stage cook and fuse all the herbs and spices cooking on a low heat until the mixture looks glazed. Coat the chicken in the sauce and let this cook for around 8-10 minutes. Then add the water and cook for 30 mins on a low heat stirring occasionally. Sprinkle the chopped coriander on top and its ready to be served.

### **Tips**

Use a medium sized saucepan on a medium heat. Have all ingredients chopped and ready. Whilst cooking the sauce if the mixture becomes dry add a small amount of water. Serve with rice, naans or chapattis.