



We had extracted what we thought was a ?Hot mixed Bean Chilli? from the freezer, which we intended to convert into a sort of Indian fusion dish. When it thawed out we discovered that it was actually a Turkey Thigh Casserole which had not survived freezing very well at all and looked far from appealing. Back to the drawing board, you can?t win them all. Somewhere in the freezer there is still the Hot mixed Bean Chilli with the label for some other dish loitering to be discovered another day!

Ingredients for the Chicken Balti:-

2 Chicken breasts, cubed

A jar of shop bought Balti (**Failed plans and all that!**)

1 Onion, sliced

2 Cloves of Garlic, minced

1 Medium hot Chilli, sliced

Dried Ginger

Chilli Flakes

Smoked Paprika

Cumin

Tomato Puree

Salt & Pepper

Oil

Method:-

- (1) Fry the Onion until translucent and then add the Garlic and fry gently for a couple of minutes.
- (2) Add the dried spices and Tomato Puree. Stir and fry for a couple of minutes.
- (3) Season with Salt And Pepper.

- (4) Add the Chicken and fry until it is cooked through stirring regularly.
- (5) Add the Balti Sauce with an addition half a jar of water.
- (6) Add the sliced Chillies and simmer for 20 to 30 minutes to reduce and thicken.

There are three recipes from last nights meal, but still under budget. So here are the other components:-

We had Poppadoms with a [Pickle Tray](#) as one side.

We also made [Dulse Aloo](#) as the second side.

We served the Balti over Turmeric coloured Rice and thoroughly enjoyed it.