



**We had a couple of yellow sticker Chicken Breasts in the freezer. They're not in the freezer any more!**

**Ingredients for the marinade:-**

- 2 Chicken Breasts, cut into bite sized pieces
- ½ Tsp of Turmeric
- ½ Tsp of Cayenne Pepper
- ½ Tsp of Salt

**Ingredients for the Curry:-**

- 1 Onion, diced
- 3 Cloves of Garlic, minced
- 1 Thumb of Ginger, grated
- 1 Tsp of Chilli Powder
- 1 Tsp of Coriander Powder
- 1 Tsp of Fennel Powder
- 1 Tsp of Garam Masala
- A handful of Curry Leaves
- A punnet of Cherry Tomatoes, chopped
- a Handful of Coriander, chopped
- 400ml of Water
- 1 Tbsp of Tomato Puree
- Oil to fry

Salt & Pepper to taste

**Method:-**

- (1) Combine the Turmeric, Cayenne, Salt and Chicken.
- (2) Allow to marinade for half an hour.
- (3) In a large pan add a little oil over a medium heat.
- (4) Add the marinated Chicken and cook gently until no-longer pink.
- (5) Set aside.
- (6) Add the Onions to the pan and cook until softened.
- (7) Add the Ginger & Garlic and stir over a medium heat for a minute.
- (8) Add the remaining Spices and the Curry Leaves.
- (9) Add the Tomato Puree and stir well.
- (10) Add the Tomatoes and Water.
- (11) Return the Chicken, reducing the heat to low and simmer for an hour.
- (12) 10 minutes before serving stir in the Coriander.

**We severed ours with Sage Aloo, Indian style Sides & Salads and Popadums. This was a really well balanced Curry without the aggression of some Anglicised Curries.**