

Chicken and Vegetable Korma



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4-6 portions

INGREDIENTS

300g Chicken Breast/Thigh
¼ tsp Turmeric
40g Yoghurt
1 tsp Madras Curry Powder
100g Onions
100g Carrots
100g Cauliflower
10g Fresh Garlic
1 tsp Fresh Ginger
10ml Cooking Oil
1 tbs Tomato Paste
120g Lentils
1 tbs Desiccated Coconut
150ml Coconut Milk
300ml Water
10g or 1 Vegetable Stock Cube
50 g Chickpeas
1 tsp Cornflour
½ Lemon

METHOD

Dice the chicken, place in a bowl and mix with the turmeric, yoghurt and half of the curry powder. Marinate for 2 hours or ideally overnight.

Peel and dice the onions and carrots, and chop the cauliflower into small florets. Chop the garlic and grate the ginger.

Gently heat the oil in a pan and cook the onions until soft. Then add the garlic and ginger and continue to cook until soft. Add the remaining curry powder and tomato paste and cook for a further minute.

Add in the lentils, desiccated coconut, coconut milk, water and vegetable stock and bring to the boil. Leave to simmer.

Add the marinated chicken, chickpeas, cauliflower and carrots to the pan, stir well and continue to simmer until the chicken is cooked through.

To finish, thicken the sauce by mixing the cornflour with a little water to make a wet paste. Stir it through the curry sauce and bring back to a simmer.

Remove from the heat, add the lemon juice and serve.