

LIGHTER KORMA WITH CAULIFLOWER PILAU

If you're on a New Year's health kick there's no need to give up your favourite curry! Chicken korma is renowned for being a rich and indulgent dish but here we've made a few ingredient swaps to produce a lighter version, complete with a low-carb cauliflower pilau.

Prep 20 mins	Cook 40 mins
Heat 	Serves 4 with sides

500g **diced chicken** (chicken breast is best)

2 medium **onions** - 1 roughly chopped, 1 finely chopped

2 **cloves of garlic** - roughly chopped

Fresh ginger - roughly chopped to make 1 tbsp

1 medium **cauliflower** - grated or food processed to make small rice sized pieces

75g **natural yogurt** (low fat is best)

30g **raisins** or **sultanas**

30g **ground almonds**

4 tsp



HALDI BLEND

2 tsp



JEERA BLEND

1 tsp



METHI BLEND

1 In a medium saucepan boil the roughly chopped onion, garlic, ginger and raisins in 250ml water for 15 minutes or until completely soft and all the liquid has evaporated

2 Mix the chicken with the yogurt, 1 tsp **HALDI BLEND** and ½ tsp salt. Leave to marinate

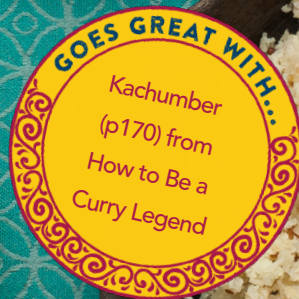
3 Fry the finely chopped onion and 2 tsp **JEERA BLEND** in 1 tbsp oil for 10 minutes or until soft and translucent

4 Blend the boiled onion mixture with the almonds, 250ml water, 3 tsp **HALDI BLEND**, 1 tsp **METHI BLEND** and ¼ tsp salt to a smooth sauce. Return the sauce to the pan then stir in the chicken (including all its marinade), cover and simmer for 15 minutes or until the chicken is cooked through

5 Stir the cauliflower into the softened onion with 50ml water and ½ tsp salt. Cover and cook for 5 minutes or until the cauliflower is just tender then uncover and cook for a further 5 minutes or until all the liquid has evaporated

6 Fluff the cauliflower pilau up with a fork then serve with the korma

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EXTRAS
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ALSO WORKS A TREAT WITH...

- Fish or prawns
- Mushrooms for a veg version

RAISE YOUR GAME BY...

Marinating the chicken overnight



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