

GARLIC CHILLI CHICKEN

Garlic (or lahsun in Hindi) is reputed to have amazing health benefits and in Hinduism is believed to be warming and stimulating - making this the perfect meal for the colder months. Combined with lots of chillies (mirchi), this flavoursome curry is strictly for garlic and chilli lovers only!

Prep
20 mins

Cook
40 mins

Heat


Serves
4
with sides

500g **diced chicken**

(thighs are best)

4 **tomatoes** - 2 finely

chopped, 2 cut into
wedges

1 medium **onion** -

finely chopped

8 cloves of **garlic** -

finely chopped

2 **red chillies** - finely

chopped (seeds removed
if you prefer less heat)

½ **lemon**

25g **butter**

75g **natural yogurt** (full-
fat is best)

1 tbsp **tomato puree**

2 tsp



HALDI BLEND

2 tsp



METHI BLEND

1 tsp



MIRCHI BLEND

1

Mix the chicken with the yogurt, ¼ of the garlic, 2 tsp **HALDI BLEND**, 2 tsp **METHI BLEND** and ½ tsp salt

2

Fry the onion in 2 tbsp oil for 10 minutes or until soft and beginning to brown

3

Add ½ the remaining garlic and the fresh chilli and cook for 1 minute or until soft

4

Add the finely chopped tomatoes, tomato puree, 1 tsp **MIRCHI BLEND** and ½ tsp salt and cook for 10 minutes, mashing the tomatoes up with the back of a spoon to form a sauce

5

Add the chicken (including all the marinade) and cover and cook for 15 minutes or until the chicken is cooked through

6

Stir in the tomato wedges and 100ml water and cook for 5 minutes or until the tomato wedges have softened slightly and the sauce is rich and thick

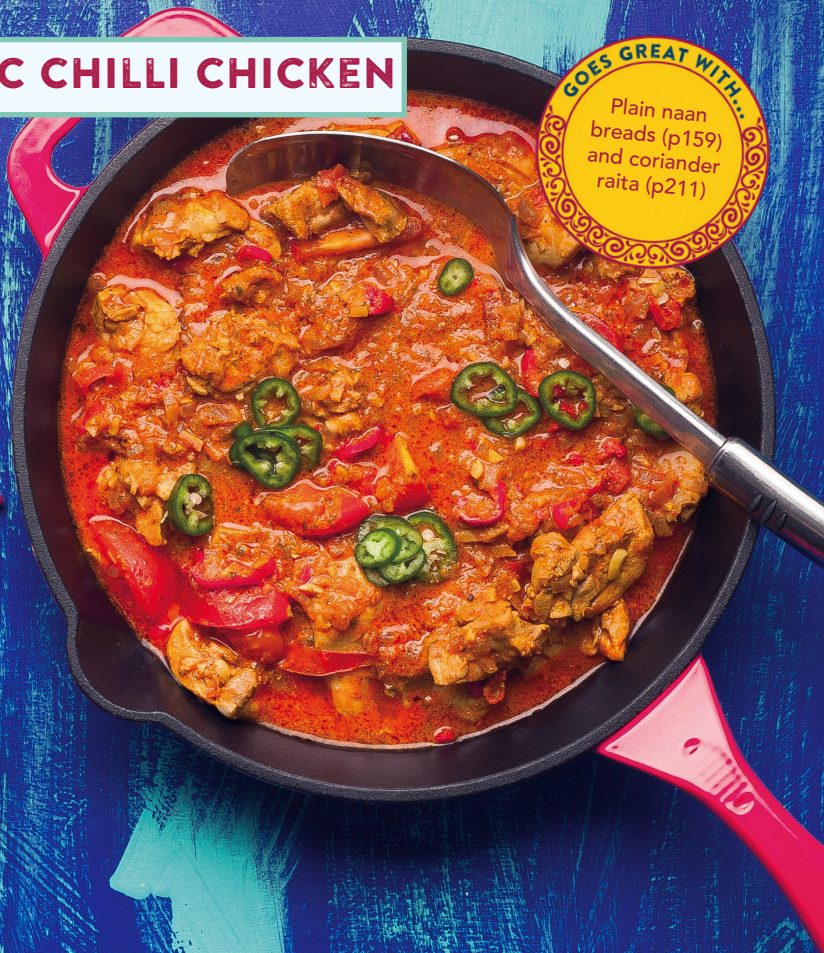
7

Fry the remaining garlic in the butter for 1 minute or until soft then stir into the curry with the juice of the ½ lemon to serve

GARLIC CHILLI CHICKEN

GOES GREAT WITH...

Plain naan
breads (p159)
and coriander
raita (p211)



EXTRAS
#7

ALSO WORKS A TREAT WITH...

- Diced lamb

RAISE YOUR GAME BY...

Scattering thinly sliced green chilli
over the curry to serve



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