

Chicken Curry

I cook this when I really fancy a curry but the thought of a takeaway fills me with guilt. It really is very simple - very little prep and a minimum amount of washing up.

Ingredients

MAKES 2 SERVINGS

1 onion
2 cloves garlic
1 Red chilli
1 thumb ginger
2 chicken breasts
2 tbsp fat free yogurt
½ tsp ground cumin
½ tsp ground coriander
¼ tsp turmeric
½ tsp garam masala
1 tin tomatoes
1 tsp Water
oh and a magimix

Preparation

peel the onion, garlic and ginger. chop the top off the chilli but leave the seeds in. put onion, garlic, ginger and chilli in magimix and whizz until finely chopped. Place half the onion mix in a bowl and mix in the yogurt. Cube the chicken and add to the yogurt mixture. Leave for 1/2 hour.

Meanwhile, in an oven proof saucepan heat smallest amount of water you dare and add the rest of the onion mixture. Fry gently for 3 mins, stirring now and again. Add all the spices. In the magimix (no need to clean after onions) whizz the tomatoes. Add the tomatoes to the pan and cook on lowest heat uncovered for 1/2 hour.

Add the chicken and yogurt to saucepan stir and cover. Cook in preheated oven (180°c) for 40 mins. Thats it. Serve with rice.