



CHICKEN KORMA WITH ALMONDS

Weight maintenance lunch

250g (2oz) chicken breast fillet
90ml (3oz) natural yoghurt
½ of 100mq (0.004oz) sachet saffron
1 onion
2 cloves garlic
½ tsp ginger, freshly grated
1 red chilli
25g (1oz) almonds, ground
Pinch of cardamom, ground
¼ tsp cinnamon, ground
1 tsp each of cumin and coriander,
both ground
1 lime leaf
1 curry leaf
1 tbsp ghee
150g (5.5oz) coconut milk, unsweetened
Salt to taste
2 tbsp almonds, chopped
Celery to garnish, chopped

Method

Cut the chicken into bite-sized pieces. Dissolve the saffron in 1 tbsp hot water and mix with the yoghurt. Add the chicken pieces and marinate for about 4 hours.

Peel and finely chop the onions and garlic. Wash and trim the chillies, remove the seeds if you wish and cut into rings. Mix the onions, garlic, chilli, grated ginger and ground almonds.

Melt the ghee in a pan, add the cardamom, cinnamon, cumin and coriander and sweat briefly. Then add the prepared onion and spice mixture, the lime and curry leaves and sweat, stirring, for 2–3 minutes. Now add the coconut milk and the meat with the marinade and cook for about 45 minutes. Season with salt, stir in the chopped almonds and serve into bowls. Serve sprinkled with diced celery.

Serves 2–3