

Chicken korma

Prep: 10 mins

Cook: 25 mins

Serves 4

Ingredients

- 1 onion, chopped
- 2 garlic cloves, roughly chopped
- Thumb-sized piece ginger, grated
- 4 tbsp korma paste
- 4 skinless, boneless chicken breasts, cut into bite-sized pieces
- 50g ground almonds, plus extra to serve (optional)
- 4 tbsp sultanas
- 400ml chicken stock
- ¼ tsp golden caster sugar
- 150g pot 0% fat Greek yogurt
- small bunch coriander, chopped

Method

1. Put the onion, garlic and ginger in a food processor and whizz to a paste. Tip the paste into a large high-sided frying pan with 3 tbsp water and cook for 5 mins. Add the korma paste and cook for a further 2 mins until aromatic.

2. Stir the chicken into the sauce, then add the ground almonds, sultanas, stock and sugar. Give everything a good mix, then cover and simmer for 10 mins or until the chicken is cooked through.

3. Remove the pan from the heat, stir in the yogurt and some seasoning, then scatter over the coriander and flaked almonds, if using. Serve with brown or white basmati rice.