

Make a Meal of the Markets!

Do it Rotherham

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Quick! Affordable! Local! Healthy!

Chicken Korma

Ingredients

2 onions, chopped
2 garlic cloves, chopped
2.5cm (1 inch) piece root ginger, chopped
25g (1oz) margarine
550g (1 1/4lb) chicken, cut into bite-sized pieces
10 cardamom pods, split
1 cinnamon stick
1 teaspoon coriander seeds
2 teaspoons ground cumin
284ml single cream
350g (12oz) basmati rice
1/2 teaspoon garam masala
2-3 tablespoons chopped fresh coriander
Toasted flaked almonds, to garnish (optional)

Time to prepare:

65 minutes

Serves: Four people

Cost: £4.80



- 1 Put the onions, garlic, ginger and almonds into a food processor. Add 6 tablespoons cold water and blend to a paste.
- 2 Melt the margarine in a pan, add the chicken, cardamom pods, cloves and cinnamon stick. Cook for about 5 minutes, stirring occasionally, until the chicken is golden brown.
- 3 Add the onion paste, coriander seeds and cumin seeds. Cook, stirring for 2-3 minutes. Add the single cream and 100ml (4fl oz) water, bring to the boil, cover and simmer gently for 30-40 minutes.
- 4 Meanwhile, cook the rice according to packet directions.
- 5 Stir the garam masala and fresh coriander into the chicken mixture and serve with the rice. Garnish with toasted flaked almonds if you wish.