

Coconut Chicken Curry



This weeks Recipe of the Week is a superb coconut chicken curry...and just in time for the cooler weather to start setting in. We've served this curry with the recent Baked Lemon & Curry Leaf Rice.

Ottolenghi inspired....the image speaks for itself.

Ingredients:

Marinate

500g chicken breast fillets sliced

1/2 teaspoon cracked black pepper

1 teaspoon turmeric

1 teaspoon apple cider vinegar

1/2 teaspoon sea salt

Crush together

1 small red onion

5 cloves of garlic

2 inch piece of ginger

1/2 teaspoon fennel seeds

Other ingredients

2 tablespoons extra virgin olive oil

2 small red onions chopped

10 curry leaves

1 cup of tomato passata

1/2 teaspoon turmeric

1/2 tablespoon ground coriander

1/2 teaspoon ground cumin

1 teaspoon garam masala

1/2 teaspoon crushed chilli flakes

1 can of coconut milk

Method:

1. Marinate the sliced chicken in the pepper, turmeric, vinegar and salt for about 20 minutes.
2. Crush in a mortar and pestle or use a food processor to make a coarse paste with the onion, garlic, ginger and fennel seeds.
3. Heat the olive oil in a heavy based pan and add the chopped onions and curry leaves. Saute until the onions are soft.
4. Add the turmeric, coriander, cumin, crushed chilli and garam masala and saute for a few minutes more.
5. Add the crushed paste and saute until the smell of raw garlic disappears.
6. Add the passata and marinated chicken pieces with 1/3 cup of water than cover and cook on medium heat until the chicken cooks through.
7. Remove the lid then continue to cook on medium heat until the curry sauce starts to thicken up.
8. Add the coconut cream and mix well. Cook for 2-3 minutes more, than remove from heat and serve hot with a side of rice. Enjoy.

Gluten Free | Dairy Free | Refined Sugar Free