

Simple Home Cooking - Recipe 2 – Chicken Masala



Photo by Gordon Ewan

Ingredients

- **Ingredients** – this version for 3-4 people, depending on the size of the fillets.
- A. 2 chicken fillets cut into bite sized pieces.
- B. 1 med/large onion sliced
- C. 4 tbsp Olive Oil (or veg oil)
- D. Garlic & Ginger
 - i. 4 tsp Garlic paste
 - ii. 2 tsp Ginger paste
- E. Dried Spices
 - i. 2 tsp chili powder
 - ii. 2 tsp garam masala
 - iii. ¼ tsp turmeric powder
 - iv. 1 tsp salt
- F. 1 x 400g tin chopped tomatoes
- G. 3 Tbsp fresh coriander chopped (stalks & leaves)



Method

Preparation Time 30 mins*

Cooking Time 50 mins*

*The quoted times are an estimated and may vary based upon your experience & chosen ingredients

1) Heat the oil in a heavy based pan (steel or non-stick) and add the onions. Fry for 5-10 mins or until golden brown.



2) On a medium heat add the ginger and garlic, stir in and cook for 1-2 minutes.



3) Now add the dry spices (chili, garam masala, turmeric & salt), stir in and keeping the heat on medium cook for 1-2 minutes to release all the aromas.



4) Continuing on a medium heat add the tomatoes cooking for 10 minutes and keep stirring. Using the tin add some hot water (swirling the water around the tin will remove any left over tomato), if it becomes too thick or starts to stick add some more hot water.



5) Simmer for 5 mins to allow the flavours to infuse.

6) Add the chicken pieces, stir well and make sure the chicken is covered with the sauce.



7) Turn the heat to high and continue stirring for 10 minutes, again if it becomes too thick or sticks add some hot water.



8) Finally add 100ml of boiling water & the coriander, stir through and simmer for 10 mins.



9) Serve with your favourite accompaniment



Hints & Tips

When buying your chicken buy the best you can afford, the very cheapest packs usually have a high water content which then reduces the size of the chicken pieces when cooked. You do not need to buy the expensive organic or corn fed chicken as this has no additional nutritional value & any extra flavour it may have would be lost in the Masala sauce.

If you find the recipe too spicy or not spicy enough you can adjust by changing the amount of Chili powder, this carries the heat, the Garam Masala & turmeric carry flavour.

If you do not want to buy fresh coriander (you will not use the whole packet and the rest might go to waste) you could use the ready chopped frozen packs. Do not use the jars of dried chopped leaves as they have little real flavour and you'd be better without.