

CHICKEN KARAHI

Ingredients:

- Oil - 1 tablespoon
- Onion - diced
- Chicken 400-500g
- Garlic/Ginger paste - 1 teaspoon
- Salt - 0.5 teaspoon
- Chilli powder - 1 teaspoon
- Turmeric - 0.25 teaspoon
- Tomatoes - 3 small
- Coriander - for garnish

Recipe:

1. Add oil into a hot pan and sauté onions till golden in colour.
2. Add in chicken, and mix together with onions.
3. Add garlic/ginger paste, turmeric, salt, and chilli powder.
4. Mix well together and place a lid onto the pan - turn the heat to a medium heat. Let chicken cook for 5 mins
5. Add in chopped tomatoes and mix together. Place lid on pan again.
6. After 5 mins mix the curry and place the heat on low and let the chicken cook for a further 15-20 mins.
7. Garnish with fresh coriander and serve with boiled rice.

