


HOW TO USE · GARAM MASALA

# EASY CHICKEN CURRY

*Warm, deep and classic. Build a curry from scratch, then finish it with a pinch.*

| SERVES | PREP | COOK |
|---|---|---|
| 4 | 15 min | 35 min |

## INGREDIENTS

- 800 g chicken thigh fillets, cut into 3 cm pieces
- 2 tbsp oil
- 1 brown onion, finely diced
- 3 cloves garlic and 2 cm ginger, grated
- 1 tsp each ground cumin, ground coriander and turmeric
- 1 tbsp Garam Masala (2 tsp to cook, 1 tsp to finish)
- 400 g can crushed tomatoes
- ½ cup (130 g) plain yoghurt
- Salt, to taste
- To serve: rice or naan, and chopped coriander




## METHOD (stovetop)

1. Heat the oil in a large pan over medium heat. Cook the onion 6–8 minutes, until soft and golden. Add the garlic and ginger and cook 1 minute.
2. Stir in the cumin, coriander, turmeric and 2 tsp Garam Masala. Cook 1 minute, until fragrant.
3. Add the tomatoes and ½ cup (125 mL) water. Simmer 5 minutes.
4. Add the chicken, cover and simmer 15–20 minutes, until it reaches 75°C.
5. Stir in the yoghurt and the last 1 tsp Garam Masala. Season with salt to taste.
6. Rest 3 minutes, then serve with rice or naan and coriander.

# EASY CHICKEN CURRY

## SLOW COOKER OPTION

**LOW · 6 hrs**

*Set and forget*

1. Cook the onion, garlic, ginger and spices in a pan as on the front, then tip into the slow cooker.
2. Add the tomatoes, ½ cup (125 mL) water and the chicken.
3. Cook on low for 6 hours (or high for 3 hours), until the chicken reaches 75°C. Stir in the yoghurt and the last 1 tsp Garam Masala.

## QUICK RED LENTIL DAL

**25 min**

*Warm and comforting*

1. Cook 1 diced onion in 2 tbsp oil, then stir in 1 tsp Garam Masala and 1 tsp turmeric for 1 minute.
2. Add 1 cup (200 g) rinsed red lentils and 3 cups (750 mL) water. Simmer 20 minutes, stirring now and then.
3. Finish with 1 tsp Garam Masala, salt to taste and a squeeze of lemon.

## SPICED ROAST CAULIFLOWER

**200°C fan · 25–30 min**

*Easy tray bake*

1. Toss 1 cauliflower, cut into florets, with 2 tbsp oil, 2 tsp Garam Masala and a pinch of salt.
2. Spread on a lined tray and roast at 200°C fan-forced for 25–30 minutes, turning once.
3. Serve with yoghurt and a squeeze of lemon.

## OTHER WAYS TO USE IT

→ Sprinkle ½ tsp over a pot of rice as it cooks for a warm, fragrant pilaf.

→ Mix 1–2 tsp into minced lamb or beef for kebabs.

→ Dust over roast pumpkin or sweet potato.

**SALT-FREE BLEND** season your dish with salt to taste.