

CHICKEN KORMA

A creamy tasting low-fat recipe

Serves 4

Per serving 233 kcal/1.5% fat
(Excluding rice)

Preparation time 10 minutes

Cooking time 20 minutes

INGREDIENTS

1 medium onion, chopped
2 garlic cloves, crushed
450g diced lean chicken
2 tbsp mild curry powder
1 tbsp plain flour
1 tsp ground cinnamon
300ml (½ pint) chicken stock
300ml (½ pint) low-fat natural yogurt
2 tbsp chopped fresh coriander
freshly ground black pepper, to taste

METHOD

1. Heat a non-stick frying pan and dry-fry the onion until soft. Add the garlic and the chicken and cook for 2 - 3 minutes until the chicken changes colour.
2. Sprinkle the curry powder and flour over the chicken. Toss the chicken so that it is completely covered, then add the cinnamon and cook for 1 minute.
3. Gradually add the stock, stirring well, and season to taste with black pepper. Simmer gently for 10 minutes until the sauce thickens.
4. Remove the pan from the heat, stir in the yogurt and coriander and serve immediately.

Serve with 55g (uncooked weight) basmati rice, boiled, per person (adds 205 cal) or with a side salad (no rice).

