

Chicken Patia Style Curry

The finer details*

Nutritional values per serving:

Calories: 308kcal

Carbs: 15.25g

Fat: 7.25g

Protein: 40.75g

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Ingredients



- 3 chicken breasts chopped
 - 150g vanilla yoghurt
 - 1 tsp chilli paste
 - 1 tbsp turmeric
- 1 tin of chopped tomatoes
 - 300ml water
- 1 handful of frozen peppers
 - 1 garlic clove chopped
 - 2 tsp sugar
- 1 tbsp coconut milk powder
- 1 tbsp mayflower curry powder
 - 1 tsp cinnamon
 - 1 handful of spinach
 - 3 tbsp lemon juice
 - 1 tsp oil

Method

1. Marinate the chicken by combining turmeric, chilli paste, and 4 tablespoons of yoghurt. Mix well and refrigerate for 45 minutes.
2. Heat oil in a pan over medium heat. Add the marinated chicken and fry for 10-12 minutes, turning frequently, until slightly charred and the marinade has reduced.
3. Add tomatoes, water, peppers, cinnamon, sugar, and garlic to the pan. Stir well to combine.
4. In a separate bowl, mix coconut powder and Mayflower powder with a little water to form a paste. Add the paste to the pan and stir well. Simmer for 20 minutes.
5. Stir in spinach and lemon juice.
6. Reduce the heat and add the remaining yoghurt. Stir to incorporate.
7. Taste and adjust the seasoning as needed. Add sugar if too tart or lemon juice if too sweet.
8. Serve with rice, a lemon wedge, and naan bread on the side.

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