

Chicken & Spinach Balti

Ingredients

1" fresh ginger
2 garlic cloves
Salt
1 lime juice
½ tsp coriander
½ tsp chilli
½ tsp turmeric
½ tsp cumin
2 diced chicken breasts
2 1/2 ozs yoghurt

Curry sauce ingredients

1 tbsp oil
1 red onion
2 toms
1 tbsp tomato puree
Water
2 ½ ozs double cream
5oz spinach leaves
1 sliced red pepper

Method

Finely chop ginger and garlic with some salt
Add lime juice, coriander, chilli, turmeric and cumin, mix well
Add the chicken and yoghurt, stir well and marinade for at least 20 mins to 1 hour.

Curry sauce

Heat the oil, add the onion and pepper, fry for 2 mins, add the diced tomato and puree, cook out for about a minute.
Add in the chicken and marinade, simmer until cooked, about 15 mins.
Add the spinach
Sprinkle over coriander serve with rice.