



Healthy Chicken Korma Recipe

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 25 MIN

Ingredients

- 1 onion chopped
- 2 garlic cloves roughly chopped
- thumb-sized piece ginger roughly chopped
- 4 tbsp korma paste
- 4 skinless, boneless chicken breasts cut into bite-sized pieces
- 50g ground almonds plus extra to serve (optional)
- 4 tbsp sultanas
- 400ml chicken stock
- ¼ tsp golden caster sugar
- 150g pot Greek yogurt
- small bunch coriander chopped

Directions

1. Put 1 chopped onion, 2 roughly chopped garlic cloves and a roughly chopped thumb-sized piece of ginger in a food processor and whizz to a paste.
2. Tip the paste into a wok/large high-sided frying pan with 3 tbsp water and cook for 5 mins.
3. Add 4 tbsp korma paste and cook for a further 2 mins until aromatic.
4. Stir 4 skinless, boneless chicken breasts, cut into bite-sized pieces, into the sauce.
5. Add 50g ground almonds, 4 tbsp sultanas, 400ml chicken stock and 1/2 tsp date syrup.
6. Give everything a good mix, then cover and simmer for 10 mins or until the chicken is cooked through.
7. Remove the pan from the heat, stir in a 150g Greek yogurt and some seasoning, then scatter over a small bunch of chopped coriander and more ground almonds, if using. Serve with brown or white basmati rice.