



CHICKEN KORMA



Prep time
5 min



Cooking time
20min



Portions
4



Chicken Korma

Chef Notes

- Ground oats, sunflower seeds, sesame seeds or coconut flour could be used as a replacement for almond flour.
- Use chickpeas, butternut or spinach instead of chicken for a vegetarian alternative.
- Choose a coconut milk with the fewest ingredients. My favourite is Kara coconut milk

Ingredients

2 tbs olive oil
1 onion chopped
500g chicken breasts, chopped
2 cm fresh ginger, grated
2 garlic cloves, crushed
1 tsp turmeric
2 tsp garam masala
Salt + pepper to taste
200 ml coconut milk
½ cup plain yogurt
3tbs ground almonds(optional)
fresh coriander for garnish

Equipment

sharp knife
wet cloth
chopping board
garlic crusher
grater

measuring spoon
tin opener
saucepan
wooden spoon

Method

Step 1

Heat the oil in a sauté pan. Add the onions, cover, and cook on low for 5 minutes until soft.

Step 2

Remove the lid, add the chicken and cook over medium-high heat for 5 minutes, stirring occasionally.

Step 3

Reduce the heat. Add the ginger, garlic, turmeric, garam masala, salt and pepper. Cook for 2 minutes.

Step 4

Add the coconut milk. Bring to a simmer, then reduce the heat and simmer for 5 minutes. Add yogurt.

Step 5

Stir in the ground almonds. season with salt. Cook for 1 minute, then serve with rice, fresh coriander and naan bread

Skill Badges

