

## Classic Gujerati chicken masala

(Serves 4)



### Ingredients

1 kg chicken breasts  
2 tbsp rapeseed oil  
1 ½ tbsp fresh ginger pulp  
1 tbsp garlic crushed  
1 tsp turmeric  
2 tsp chilli powder (more if you like it hot!)  
2 tsp cumin powder  
2 tsp coriander powder  
Salt to taste  
12 Spanish cherry tomatoes  
1 large lime  
1½ tsp Garamasala  
½ bunch of coriander leaves  
300ml boiling water

### To flavour the oil

4 cloves  
2 sticks cinnamon bark  
5 green cardamom pods

### Preparation

Trim the fat off the chicken breast and chop into bite sized pieces then marinate in the ginger, garlic, chilli powder, salt, turmeric for ½ an hour. Place in the fridge. Cut the cherry tomatoes in half. Chop the fresh coriander leaves. Squeeze the lime juice and set aside.

### Method

1. Heat the oil in a heavy bottom pan, when hot add the cinnamon bark, cloves and cardamom; gently cook in the oil until the spices darken.
2. Mix in the marinated chicken and give it a good stir. Turn the heat to medium and allow the meat to absorb the spices whilst the marinade releases into the oil. Place the lid on the pan for 15 mins, stirring occasionally.
3. Turn the heat up and add the hot water, cumin and coriander powder. (The water should just cover the tops of the chicken pieces.) Add in the cherry tomatoes. Stir and simmer until the sauce has reduced by half (for approximately 10-15m mins).
4. Take off the heat, add the garamasala and a squeeze of lime and sprinkle over the fresh coriander leaves.



Tip: Avoid stirring the chicken too much as it will break up. A rested chicken curry is the best curry - giving the chicken time to absorb the flavours. For a drier curry do not add the extra water.

Accompany this dish with lily chilli chutney.