**Stay Fit, Stay Healthy, Stay Happy**

**Alex’s Chicken Korma**

**Preparation Time**

**15-20 minutes**

**Cooking Time**

**30 minutes**

**Serves 4**

 **What will I need?**

 **Korma Spice Mix**(or you can buy a readymade mix)

2 teaspoon fresh grated ginger

2 teaspoon chopped garlic
(2-4 depending on size)

Pinch of salt

2 teaspoon cumin

2 teaspoon coriander

1 teaspoon turmeric

½ - 1 teaspoon mild chilli powder

**Curry**225g cubed chicken

1 chopped onion

korma spice mix

1 pint of natural yoghurt
(low fat Greek yoghurt works well)

2 tablespoon desiccated coconut

6 tablespoon ground almonds

1 tablespoon chopped nuts

1 chicken stock cube

**What will I need to do?**

**Spice mix**

1. Chop or crush the garlic and put in a small bowl. Grate the ginger and add to the bowl. Measure the spices and add to the bowl. Mix thoroughly.

**or**

2. Put garlic cloves into a food processor and chop. Grate the ginger and add to the food processor, add the spices, then whizz it all together.

**or**

3. Use a ready-made Korma powder.

**Korma**

1. Chop the onion & fry in a little oil.

2. Add the chicken cubes & brown.

3. Add a little water and cook for 2 minutes.

4. Sprinkle on the Korma powder and cook for 2 minutes.

5. SLOWLY add the natural yoghurt, a chicken stock cube and simmer for 10 mins.

6. Add the nuts and cook for 15 minutes. Stir frequently to stop the mix sticking to the pan.

7. Serve.

**Top Tips**

**Use a special manual
onion chopper.
You just put over the onion
 and bash it!
It chops finely and
 is easy to use safely.

Save a little yogurt to spoon on top after serving, delicious!**