

## Chicken Channa

Serves 4

### Ingredients

3 large onions  
3 large tomatoes  
cooking oil  
1dsp turmeric powder  
1dsp cumin powder  
1dsp garam masala powder  
1dsp coriander powder  
half - 1dsp chilli powder (depends on individual taste)  
1dsp ginger powder  
3 cloves garlic  
water  
salt (to taste)  
6 chicken breast fillets  
1 tin chick peas

### Method

Chop onions finely and place in large pot with enough oil to fry (not too much oil) onions along with the garlic. When onions are transparent, add all spices and stir vigorously. Allow spices to cook for 1 minute and then add 2-3 pints of water and the tomatoes (quartered) and mix. Bring back to the boil and let the sauce cook and reduce down for 1 - 2 hours, before adding the chicken. Once the sauce has reduced to a nice consistency, add chicken fillets and cook slowly until sauce is quite thick and chicken cooked. Then add the tin of chick peas and cook for a further 20 minutes. Serve with rice and/or chapattis.

Submitted by John Blue.