

Mandiba's Chicken Curry

Ingredients

8 chicken thighs
1 large onion (chopped)
1 tin (410g) chopped tomatoes
100ml chicken stock
2 tbsp plain flour
1 tbsp turmeric
2 tsp cumin
2 tsp crushed garlic
2 tsp crushed ginger
2 tsp garam masala
1 tsp finely chopped chilli
1 tsp salt
dash of vegetable/sunflower oil

To serve:
handful of freshly chopped coriander
cooked basmati rice

Method

Mix the salt with the flour and turmeric. Use this to the chicken thighs. Seal well in oil in a wok or pot that can be covered. Once sealed, remove chicken pieces and set aside. In the same oil, fry chopped onion, finely chopped chilli, cumin, crushed garlic, crushed ginger and garam masala for a few minutes. Add tin of chopped tomatoes and chicken stock. Heat through, then replace the chicken, making sure it is covered by the sauce. Simmer with lid on for 45 minutes. Garnish with a handful of chopped fresh coriander and serve with basmati rice.

Submitted by Andrea Rollo.