

Chicken Korma

- 1 large yellow onion, sliced
- 1 large tomatoes, diced
- 1 fresh green chili, seeded and minced
- 1/3 cup unsalted cashew nuts
- 3 Tbsp sunflower oil
- 1 Tbsp ginger-garlic paste
- 1.5 lb boneless skinless chicken breast or thighs, cubed
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1/2 cinnamon stick
- 1/2 tsp garam masala, plus extra to serve
- 1/2 tsp ground turmeric
- 2 Tbsp heavy cream
- 2 Tbsp Greek yogurt
- salt
- rice, Rotis or Parathas, to serve



- Put the onion, chili and cashew nuts in a pan with a little water and bring to the boil.
- Simmer for about 10 minutes, until the onion is very soft, then transfer to a blender and blend to a paste, adding water as necessary to turn the blades. Set aside.
- Heat the oil in a heavy-based saucepan over a medium-high heat, cook the chicken until caramelized.
- Season with salt and stir in the spices, ginger-garlic paste, then add the onion paste. Rinse out the blender with a few tablespoons of water and add this to the pan. Cook for 10 minutes until the chicken is tender and cooked through.
- Stir in the cream and yogurt, if using, and heat through. Season to taste, sprinkle with a pinch of garam masala and serve hot with rice, rotis or parathas.