

Chicken Bhuna Masala

- 3 large chicken breasts, diced into fairly large, equal chunks

• Marinade:

- 2 cloves of garlic, grated
- 1 tbsp grated ginger
- 1/2 tbsp. cumin powder
- 1/2 tbsp. coriander powder
- 1/2 tbsp. fenugreek powder
- 1 tsp chilli powder
- 1/2 tsp turmeric
- 2 tbsp. natural yoghurt (I used Greek)
- 1/2 tsp salt
- 1/2 tsp pepper

Curry:

- 3" piece of ginger
- 6 garlic cloves
- 2 tbsp ghee
- 2 onions, sliced
- 2 red chillies, halved lengthways
- 1 tbsp. cumin powder
- 1 tbsp. coriander powder
- 1 tsp. turmeric
- half a tsp chilli powder
- 5 fresh tomatoes
- 2 tbsp. tomato puree
- half a tbsp fennel seeds
- half a tbsp garam masala
- 1 tsp salt

- 1 tsp pepper
- half a punnet baby plum tomatoes

Chop the grated ginger and garlic together until they form a paste. Mix with the remaining marinade ingredients, then add the chicken and coat well. Place in a sealed container or bag and refrigerate overnight.

Blend the ginger, garlic, chillies, fresh tomatoes and tomato purée together to make a smooth purée. Set aside.

Heat the ghee and cook the onions slowly until golden. This should take around 8–10 minutes.

Add the cumin, coriander, turmeric and chilli powder and mix well.

Add the tomato, ginger and garlic purée and let this simmer and reduce for around 10–15 minutes. Do not add water. The oils should begin to separate and sit above the tomato sauce.

Once reduced, add the chicken and all of its marinade. Stir well.

While the curry is simmering, roughly crush the fennel seeds using a pestle and mortar, then add them to the curry. Simmer for around 8-10 minutes depending on the size of the chicken.

Add the garam masala and baby plum tomatoes, then season with salt and pepper.

Cook until the chicken is cooked through, taking care not to overcook it as chicken breast can become dry. The baby plum tomatoes should remain whole and retain some of their fresh, juicy texture.

Serve with a sprinkle of fresh coriander and an extra sprinkle of fennel seeds.