

NISHA KATONA'S CHICKEN KORMA & CARDAMOM RICE RECIPE



INGREDIENTS FOR CHICKEN KORMA

4 tbsp vegetable oil
2 onions*
3 garlic cloves
5cm ginger
2 tbsp Garam masala
1 tsp Turmeric
600g Chicken breast
1 tbsp Ground almonds
1 ½ tsp Salt
2 tsp Brown sugar
200ml Crème fraiche
Chilli Powder
Coriander

BLACK CARDAMOM RICE INGREDIENTS

190g Basmati rice
3 Black cardamom
1 tbsp Vegetable oil
1 tsp Cumin seeds
1 tsp Salt

CHICKEN KORMA RECIPE

1. Heat the oil in the frying pan
2. Add your chopped onions, cook for around 6 minutes until they are brown*
3. Add the diced garlic and ginger and cook for 2 minutes*
4. Add 2 tbsp of garam masala, chilli powder, turmeric, diced up chicken and cook for 3 minutes until the chicken is turning brown and well covered in spice mix
5. Add in 200ml of crème fraiche and stir through
6. Add 400ml boiling water along with salt and stir
7. Boil and then simmer for 12 minutes until the chicken is cooked and the sauce is reduced
8. Remove from the heat. Add the ground almonds and brown sugar and stir through
9. Garnish and serve with rice

BLACK CARDAMOM RICE RECIPE

1. Rinse the rice under cold running water – leave to drain
2. Put the rice in a saucepan with cardamom and 450ml water
3. Boil then simmer for 10 minutes, until almost dry with a dimpled surface
4. Cover the pan and leave to stand for 15 minutes
5. Place the frying pan over a medium heat and add oil
6. Add cumin seeds, fry until dark brown, then remove
7. Stir seeds through the rice, fluff and serve

*If you want a thicker sauce, chop your onions, garlic and ginger finer.
If you want a runny sauce, chop them slightly bigger!