



This bhuna recipe is very versatile and can be made with chicken, lamb, prawns or vegetables.
Add single cream or coconut cream for a richer dish.



INGREDIENTS (Serves 2)

350g chicken breast - cubed
(or your choice of protein/vegetables)

1 tbsp ginger/garlic paste

1/2 tsp each - chilli powder, garam masala, curry powder, rapeseed oil

Fresh ginger & garlic - diced

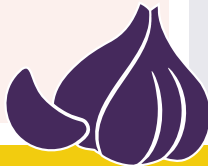
1/2 tsp each - coriander, cumin, mustard seeds

1 whole green chilli (optional)

1 large onion - diced

1 large tomato - diced

Water - Salt to taste



METHOD

1. Mix the chicken (with the ginger/garlic paste, powdered spices and some oil. Season with salt, and marinate for 1 hour.
2. Heat a medium saucepan on high heat. Add oil to the pan to cover the base. Add the diced ginger and garlic, fry until golden, about 1min.
3. Add the whole spices and green chilli (if using) - fry for 30secs.
4. Add the diced onions and continue frying until they are brown all over, stirring regularly.
5. Once the onions are brown, add the diced tomato and a splash of water. Boil for 5mins until tomatoes are soft.
6. Add the chicken and marinade, topping up with water to cover.
7. Simmer for 10 minutes (For lamb, simmer for 1hr until tender). Season with salt to taste, and enjoy!

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