



Butter chicken curry | Serves 4

Get ahead! Cook up a batch of this delicious spicy sauce and have it ready and waiting in the freezer. Just remember to take it out in the morning, then heat gently before adding the cooked chicken or why not try cooked prawns or chunky vegetables instead, for a quick and easy supper dish.

Ingredients

4 chicken breasts (or boneless thighs) cut into bite sized pieces

Chicken marinade

2tsp turmeric
6tsp paprika
3tsp cumin powder
2tsp garam masala
3tsp masala chilli powder
Oil
A small pot of plain yogurt

Sauce

100g Guernsey butter
1 large onion sliced
4 cloves
3 cardamom pods or 1tsp powder
2tbsp garlic paste
2tbsp ginger paste
2tbsp turmeric
3tsp cumin powder
1tsp garam masala
4tsp paprika
1½ tsp chilli powder
2 400g tins of tomatoes
2tbsp oil

Method

1. In a large bowl combine the spices with 4 tablespoons of yogurt and a dash of oil.
2. Add the chicken and mix well until coated adding a little more yogurt if necessary.
3. Cover and leave to marinate for 1 to 2 hours or overnight in the fridge for maximum flavour.
1. Fry the onions in the oil until soft and turning golden brown.
2. Add the cloves, cardamom pods (or powder), garlic and ginger paste.
3. Cook for 5-8 minutes (it will turn slightly green!) then add the turmeric, cumin powder, garam masala, paprika and chilli powder.
4. Add the tomatoes, stir well and simmer for 12-18 minutes or until the spices and the tomatoes are cooked.
5. Allow to cool slightly before blending until smooth.
6. Add the honey and a dash of cream to taste.
7. Stir in the chicken.
8. Serve with basmati rice, naan bread and poppadoms.



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Chef's tip

Spices last for years, but as they lose their potency you may need to use a little more than your recipe states if the spice is past its 'best before' date.

September

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Handy tip

Save the trimmings from your veggies all week in a zip top bag in the fridge or freezer then use them to make your own tasty vegetable stock!

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