

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Buttered Chicken

Ingredients (4-6 people)

500g skinless and boneless chicken thighs

Marinade

1 lemon juiced
2 tsp ground cumin
2 tsp paprika
1-2 tsp hot chilli powder (depending on taste)
200g natural plain yoghurt (not Greek)

Curry

2 tbsp vegetable oil
1 large onion, chopped

3 garlic cloves, crushed
1 green or red chilli (de-seeded and finely chopped)
3 cm piece of fresh ginger, grated
1 tsp garam masala
2 tsp ground fenugreek
3 tbsp tomato puree
Pinch sugar
300ml chicken stock

To serve

50g flaked almonds
Fresh coriander

Method

In a medium bowl, mix all the marinade ingredients. Season with salt and pepper. Cut the chicken into bite sized pieces and coat in the marinade for 1-24 hours.

In a large frying pan heat the oil and add the onion, garlic, chilli, ginger and some seasoning. Fry for about 10 minutes over a medium heat until soft but not brown.

Add the spices with the tomato puree and sugar, cook for a further 2 minutes until you can smell the spices then add the stock and marinated chicken. Cook for a further 15 minutes then add any remaining marinade. Simmer for 15 minutes or until cooked and the meat is hot throughout. Garnish with the toasted almonds and the fresh coriander. Serve with rice, naan bread and a selection of chutneys. Add lime wedges to squeeze over the top if preferred.

Per portion 4 persons (approx)

Kcals 367

Fat 18g

Carbs 12g

Protein 37g