



# Chicken Korma

Serves 4

## Ingredients

- 450g fat-free natural Greek yoghurt
- 2 tbsp paprika
- 2 tsp turmeric
- 5 tbsp tomato puree
- 4 skinless & boneless chicken breasts, cut into small chunks
- Low-calorie cooking spray
- 4 onions, diced
- 2 garlic cloves, chopped
- 2.5cm piece fresh root ginger, peeled & chopped
- 1/2 tsp ground cinnamon
- 1 tsp ground cumin
- 1/2 tsp ground green cardamom seeds
- 200g canned cannellini beans, drained
- 1 chicken stock cube, crumbled
- 1 drop coconut essence (optional)
- Small pack fresh coriander, chopped

## Method

1. Put 300g yoghurt in a bowl, add the paprika, turmeric & 4 tbsp tomato puree & mix well. Stir in the chicken, cover and marinate in the fridge for 4 hours (or overnight if possible).
2. Spray a medium saucepan with low-calorie cooking spray and place over a medium heat. Add the onions, garlic and ginger and cook for 2-3 minutes. Stir in the cinnamon, cumin, cardamom, remaining tomato puree & a few tbsps of water and cook for 10 minutes.
3. Add the beans and 450ml boiling water and bring to the boil. Reduce the heat to low and simmer for 10 minutes.
4. Blitz the onion mixture until smooth using a stick blender (or use a food processor and return to the pan). Stir the chicken and its marinade into the sauce and cook for 10 minutes or until the chicken is cooked through.
5. Add the stock cube and coconut essence, if using, & stir through for 2 minutes. Remove from the heat & stir through the coriander and remaining yoghurt. Season with salt to taste and serve hot with rice and vegetables.

A classic takeaway  
with a twist!