

Ingredients

- 800g-1kg boneless, skinless chicken diced into bite-sized pieces
- 1 cup plain full fat yoghurt
- $\frac{3}{4}$ cup chopped onion
- $\frac{1}{2}$ cup chopped green bell pepper
- $\frac{1}{3}$ cup chopped celery
- $\frac{1}{3}$ cup fresh coriander
- $\frac{1}{2}$ cup cream
- 2 tsp. crushed garlic
- 1 can chopped tinned tomatoes
- Salt & pepper
- 1 large bay leaf
- 1 tbsp. olive oil
- 1 tsp. turmeric
- 3 tsp. garam masala
- 1 tsp onion powder
- 1 $\frac{1}{2}$ tsp. chili powder (more if you like heat)
- 2 $\frac{1}{2}$ tsp. cumin powder
- 2 $\frac{1}{2}$ tsp. coriander powder
- 2 $\frac{1}{2}$ tsp. ginger paste

Method

1. In a large bowl, mix together yoghurt, turmeric, onion powder, garam masala, chili powder, cumin, coriander powder and 1 $\frac{1}{2}$ tsp. ginger paste to form a sauce. Season with salt and pepper. Add chicken to the sauce, mix, cover and set aside for 60-90 minutes. This will allow the chicken to fully absorb the flavour. You can also refrigerate overnight for cooking the following day.
2. Once the waiting period is over, add the olive oil to a pot and sauté onion, green pepper and celery until soft and translucent. Add garlic, remaining ginger paste and bay leaf. Add diced tomatoes, cream and coriander. Mix together until well combined.
3. Decant the sauce into a blender and blend until a thick sauce forms. Set aside.
4. In the same pot used for the blended sauce, add the chicken along with the yoghurt sauce and allow to cook through for 10 minutes or so, covered.
5. Add the sauce from the blender to the chicken and combine well. Cover and cook on medium – high heat for 20-30 minutes depending on the size of your chicken pieces.
6. Serve with rice or naan bread. If the chicken is too spicy serve it with a dollop of plain yoghurt.