

# Creamy Masala Chicken

## Ingredients

- 2 x chicken breasts
- 3cm piece of fresh root ginger
- 1 clove of garlic
- 1 tsp mild chilli powder
- 2 tbsp fresh coriander
- Juice of 1 lime
- 2 tbsp vegetable oil
- 1 onion
- 1 red chilli
- 1 tsp ground turmeric
- 284ml double cream

## Equipment

- Red chopping board
- Green chopping board
- 2 knives
- Garlic press
- 2 x frying pans
- Bowl
- Wooden spoon
- Juicer
- Measuring jug

1. Using the red chopping board cut the chicken breasts into small chunks.
2. Using the green chopping board, peel and cut the ginger into small pieces.
3. Peel and crush the garlic.
4. Put the chicken, ginger, garlic, chilli powder, coriander, lime juice and 1 tbsp of oil into a bowl.
5. Mix well together and set aside.
6. Using the green chopping board chop the onion, and seed and chop the chilli.
7. Heat a large frying pan.
8. Add 1 tbsp of oil and fry the onion and chilli for 3-4 minutes until just soft.

10. Add the turmeric and fry for 1 minute.
11. Add the chicken and marinade and fry for about 6-8 minutes. Stir occasionally.
12. Lower the heat, pour in the cream and simmer for 2-3 minutes.
13. Simmer for 5 minutes or until the chicken is thoroughly cooked. Season.
14. Serve!