

Chicken korma

Ingredients

- 1 clove
- 1 clove of garlic
- 1 black peppercorn
- 1 cardamom pod
- 1 x 10ml spoon oil
- 200g Chicken Breast
- 1/2 small cauliflower
- 1/2 green chilli
- 1/2 x 5ml spoon turmeric
- 1/2 x 5 ml spoon ground cumin
- 1/2 x 5ml spoon chilli powder
- 4 x 15ml spoons plain yogurt
- pinch black pepper
- 1 x 15ml spoon coriander



Equipment

Weighing scales, 2 chopping boards, 2 knives, frying pan, measuring spoons, garlic press, wooden spoon, spoon, small bowl.



Method

1. Prepare the garlic, chilli and cauliflower:
 - peel and crush the garlic;



- break the cauliflower into florets.



de-seed and slice the chilli;



2. On a clean chopping board, using a clean knife, cut the lamb into cubes.



3. Fry the clove, peppercorn and cardamom in the oil until they sizzle.



4. Stir in the garlic and chilli.



5. Add the lamb and cauliflower, cover and slowly cook for about 10 minutes.



6. Mix the turmeric, chilli powder, pepper and cumin into the yogurt in a small bowl.



7. Increase the heat and stir in the yogurt mix to the frying pan.



8. Allow to cook for a further 10 minutes.



9. Chop the coriander and stir into the korma.

