



Fragrant Chicken Korma

This is a simple and fragrant chicken korma recipe. The flavours are subtle, yet indulgent.

The coconut milk, cinnamon and almonds lend a rich sweetness, while the green cardamoms lift the fragrance of the dish, the ginger, mustard seeds and chilli flakes providing warmth and richness of flavour, the saffron and black cardamoms lending an earthy, smoky note.

Ingredients:

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| 1 tbsp coconut oil, butter or ghee | 1 inch of fresh root ginger, peeled and finely diced |
| 2 large onions, chopped or blended | 6 cloves |
| 4 chicken breasts, diced or 8 chicken thighs, skin and bone removed | 400g can of coconut milk |
| 10 green cardamom pods, bruised | 250ml Greek yoghurt or 4 tbsp double cream |
| 3 black cardamom pods, bruised | Small handful of fresh almonds or cashews, soaked |
| 4 strands of saffron | Coriander leaves freshly chopped |
| ½ tsp mustard seeds | Salt and pepper |
| 5cm piece of cinnamon stick | Serve with naan bread and/or rice |
| Pinch of cayenne pepper or chilli flakes | |

To cook on the stove:

Use a large frying pan and melt the butter/ghee or coconut oil.

Add the chopped onion and fry for 5 minutes on a gentle heat until it starts to brown.

Add the cloves, mustard seeds, cinnamon and green cardamoms and fry for 30 seconds to release the flavours, then add the coconut milk, ginger, chilli flakes and saffron strands. Combine well. Add the chicken and bring to the boil. Cover with a tight fitting lid and simmer for about 35 minutes, until the chicken has cooked through.

Add the black cardamoms and ground nuts then remove from the heat. Stir in the Greek yoghurt or double cream. Scatter with fresh coriander leaves and serve with rice or pitta breads.

To cook in the slow cooker:

I cook on the high setting on my slow cooker. It's a simple as adding all the ingredients, leaving adding the coriander, Greek yoghurt or cream and black cardamoms until just a few minutes before serving up.

As I don't pre-fry or pre-boil anything you will not need the butter/ghee or coconut oil. It always turns out delicious.

Cook on a high setting for approximately 5 hours, stirring occasionally if possible.

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