

Chicken Korma

Our most popular curry! Its mild creamy flavour is a hit right through from reception to Y6!

1 large onion
4 chicken breasts
1 tbsp garam masala
1 tsp ground coriander
½ tsp turmeric
50g tomato puree
1 tin of light coconut milk
Oil

1 tsp garlic powder

1 tsp ginger

1 tsp cumin

1/2 tsp mild chilli powder

1 tsp curry powder

200g low fat Greek yoghurt

cream to taste to finish

seasoning



- Dice the onions and cut the chicken breasts into bite size pieces,
- Heat oil and fry off the onions, add the chicken and brown off,
- Once browned add the spices, fry off until fragrant,
- And tomato puree, mix in and cook for a few minutes,
- Add the coconut and yoghurt, lower the heat and simmer until the chicken is cooked through,
- Stir in the cream to taste or replace with low fat Greek yoghurt for as healthier alternative,
- Season to taste.

We serve this with 50/50 rice and homemade naan bread.

Mr Williams says: just a reminder that all of Holly's meals are cooked from scratch, so as you can see, this recipe does not use a jar of korma sauce... Maybe that's why it's so popular with our children.