

**MEDIUM -
HOT****For this curry you will need:****1 Craving Curries Chicken Balti Kit**

4 chicken breasts, diced	5 tablespoons of vegetable/ sunflower oil
2 onions, finely chopped	200ml natural yoghurt
4 cloves of garlic	20g root ginger
3 green chillies, sliced	1 tablespoon tomato puree
Juice of ½ a lemon	1x400g tin of chopped tomatoes
Water	1 tea spoon salt (optional)
½ cup of fresh coriander leaves (optional)	

Method

- 1.Heat the oil in a pan. Add the chopped onions and fry gently for 15 minutes until softened but not coloured.
 - 2.Blend the garlic and ginger with a little water to make a paste and add to the onions together with the sliced chillies and cook for 1 minute.
 - 3.Add the contents of your Spice Bag to the pan, mix well and cook for 2 minutes stirring constantly, followed by the diced chicken and cook on a high heat, stirring frequently for 5 minutes.
 - 4.Reduce the heat and add the tinned tomatoes, tomato puree, yoghurt and salt to taste. Cook and on low heat for a further 20 minutes until the chicken is cooked.
 - 5.Remove the cardamoms and cinnamon stick.
- Turn off the heat and add the lemon juice. Garnish with the coriander leaves if preferred and serve.

The heat in this dish can be controlled by the amount and type of chillies used