

MEDIUM**For this curry you will need:****1 Craving Curries Cardamom Chicken kit****4 chicken breasts, diced** **250ml of full-fat natural yoghurt****1 teaspoon salt** **fresh coriander leaves - chopped****Water** **3 tablespoons of veg or sunflower oil****1x400g tin of chopped tomatoes**

Method

1. Empty the contents of **Spice Bag 'A'** into a bowl and add a little water to form a paste.
2. Heat the oil in the pan. Add the cardamom and pepper paste from step 1 and fry over a low heat for 3 minutes, stirring at all times to avoid the paste burning.
3. Add the diced chicken breast and the contents of **Spice Bag 'B'** and sauté over a low heat for 10 minutes stirring all the time to prevent the mixture from sticking. Add a little water regularly to avoid the spices burning.
4. Reduce the heat and add the tomatoes, yoghurt and salt to taste, continue to sauté for a further 5 minutes.
5. Add 100ml of water, cover the pan and leave to simmer until the meat is tender and the sauce has reduced and thickened – be patient as this can take time.
6. Sprinkle the finished dish with a handful of fresh coriander.

It is handy to keep a small jug of water next to you when you are cooking this recipe to cool down the frying in stage 1