

MILD**For this curry you will need:****1 Craving Curries Chicken Chettinad Kit****1kg skinless chicken breasts, diced****3 tablespoons oil****2 medium onions, finely chopped****20g fresh ginger chopped****3 cloves of chopped garlic****2 teaspoons honey****2 chopped green chillies****Salt****4 large tomatoes, roughly chopped****125 ml water or chicken stock****Method**

1. Puree the garlic and ginger into a paste and set aside.
2. Heat the oil in a large frying pan or wok.
3. When gently bubbling, add the contents of Spice Bag 'A' and fry for about a minute then add the chopped onions and fry gently until the onions are soft and translucent, about 10 minutes.
4. Add the garlic and ginger paste (step 1) together with the chillies.
5. Add the diced chicken pieces, the chopped tomatoes and the contents of Spice Bag 'B' and salt to taste.
Stir it together to combine before adding the honey.
6. Fry for about 10 minutes until the chicken is almost cooked.
7. Add about 125ml of water or chicken stock to the pan and simmer for 20 minutes until the chicken is tender coated with the thick sauce.
8. Remove the cinnamon stick, green cardamoms and star anise and serve immediately.

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