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Cardomom Curry Spice Kit

Ingredients: black pepper, chilli powder, coriander powder, cardamom powder, turmeric powder

Store in a cool, dry place.

Authentic, delicious homemade curries made easy! Craving Curries are a small family business, passionate about our curries and would like to share the experience with you!

Each curry kit comes with our step-by-step guide which allows you to have fun creating our twist on an authentic Indian curry which has all of the flavour without any of the additives or artificial colours!

For this curry you will need:

1 Craving Curries Cardamom Chicken kit

4 chicken breasts, dice	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/Green** 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/Yellow** 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