

OVERALL time: 45 mins

NUTTY CHICKEN KORMA

Chicken Korma was the quintessential festive food served in the Moghul Emperor's court in days gone by. It's a gently spiced delight that's stood the test of time and more than elegant enough for a fancy mid-winter dinner party 2023. All it asks for is perfumed basmati rice.

Metric

Number of servings : 4

ingredients

For the curry

- 1 leaf bay leaf
- 1 Tbsp vegetable oil
- 1 tsp fresh ginger, grated
- 2 medium green chillies, chopped
- 0.5 cup fresh cream
- 0.5 tsp salt
- 1 tsp sugar
- 4 large chicken breast, skinless free-range
- 1 large onion, finely chopped
- 2 plump garlic, minced
- 1 Tbsp Cape Herb & Spice Moroccan Korma
- 1 cup water
- 0.75 cup almond flour/ground almonds

To Serve

- 1 chopped coriander leaves, chopped
- 1 sliced green chilli
- 0.75 cups pistachio nuts, chopped
- 2 cups Basmati rice

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 25 mins

Heat a large thick-based saucepan with the oil and add the onions and bay leaf. Fry, stirring constantly, until the onions are soft. Top Tip: do not brown the onions, you want as little as possible colour on them.

Add the ginger, chillies and garlic and fry for a further minute. Remove the bay leaf. Spoon the onion mixture plus 1 cup of water into a food processor or liquidizer (or use a handheld immersion blender) and blitz until it's a smooth puree. Return the onion puree to a large saucepan and stir in the almond flour. Stir in the Cape Herb & Spice Korma Curry, cream, yoghurt, salt and sugar.

Place four chicken breasts in the creamy curry sauce, place the lid on and simmer over very low heat until the chicken is cooked, about 25 minutes. (If the heat is low enough, the amount of liquid in this recipe is sufficient. But keep an eye on it and add just a bit of water if need be. Take care not to water it down though as this Korma sauce must be thick and indulgent.)

Garnish this chicken Korma with chopped pistachios, sliced green chillies and coriander. If you want to make it really festive, add colourful elements like a scattering of pomegranates or edible flowers. Serve with basmati rice.

Recipe concept & photography by Lizet Hartley. Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://www.capeherb.co.za>

Metric

ingredients

For the curry

- 1 leaf bay leaf
- 1 Tbsp vegetable oil
- 1 tsp fresh ginger, grated
- 2 medium green chillies, chopped
- 0.5 cup fresh cream
- 0.5 tsp salt
- 1 tsp sugar
- 4 large chicken breast, skinless free-range
- 1 large onion, finely chopped
- 2 plump garlic, minced
- 1 Tbsp Cape Herb & Spice Moroccan Korma
- 1 cup water
- 0.75 cup almond flour/ground almonds

To Serve

- 1 chopped coriander leaves, chopped
- 1 sliced green chilli
- 0.75 cups pistachio nuts, chopped

- 2 cups Basmati rice

Number of servings : 4

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 25 mins

Heat a large thick-based saucepan with the oil and add the onions and bay leaf. Fry, stirring constantly, until the onions are soft. Top Tip: do not brown the onions, you want as little as possible colour on them.

Add the ginger, chillies and garlic and fry for a further minute. Remove the bay leaf. Spoon the onion mixture plus 1 cup of water into a food processor or liquidizer (or use a handheld immersion blender) and blitz until it's a smooth puree. Return the onion puree to a large saucepan and stir in the almond flour. Stir in the Cape Herb & Spice Korma Curry, cream, yoghurt, salt and sugar.

Place four chicken breasts in the creamy curry sauce, place the lid on and simmer over very low heat until the chicken is cooked, about 25 minutes. (If the heat is low enough, the amount of liquid in this recipe is sufficient. But keep an eye on it and add just a bit of water if need be. Take care not to water it down though as this Korma sauce must be thick and indulgent.)

Garnish this chicken Korma with chopped pistachios, sliced green chillies and coriander. If you want to make it really festive, add colourful elements like a scattering of pomegranates or edible flowers. Serve with basmati rice.

Recipe concept & photography by Lizet Hartley. Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she - rather predictably - cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://www.capeherb.co.za>