



GUJARATI CHICKEN MASALA (EXTRA HOT)

Heat Rating: Very Hot!

Serves 4

Ingredients:

- 2 tablespoons of Mama Dor's spice blend
- 600g chicken (thigh works best)
- 300g natural yoghurt
- 2 tablespoons tomato puree
- 1 large onion, diced
- 2 tablespoons extra virgin olive oil
- 2 fresh green chillies, for extra heat (optional)

Method:

Make a paste by mixing the Mama Dor's Spice Blend with the yoghurt and tomato puree. Add the chicken and mix thoroughly. Marinate for at least two hours, ideally overnight. In a deep saucepan, fry the onion and chillies (if using) in olive oil, until golden brown. Add the chicken and marinade sauce and mix well. Reduce heat, cover and leave to cook for 30-40mins, until the chicken is cooked through. Stir occasionally. Serve with boiled basmati rice or naan bread.

Top Tip:

To stop the yoghurt marinade splitting when you cook the chicken, leave the marinated mix at room temperature for about 30mins before cooking. This ensure it is not cold when it hits the hot saucepan.

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