

Mama Dor's Kitchen

BALTI

Heat Rating: Mild

Serves 4

Ingredients:

2 tablespoons of Mama Dor's Balti spice blend
600g chicken thigh fillets, cut into bite sized chunks
1 large onion, finely sliced
2 tablespoons extra virgin olive oil
2 tomatoes finely chopped
1 red pepper, chopped
200g tomato purée
1 tablespoon natural yoghurt

Method:

Make a paste by mixing the yoghurt, tomato purée and spice blend, and set aside. Fry off the onions with the olive oil in a large saucepan. Cook until brown, but not burnt. Turn the heat down, and add the spice paste. Add a cup of tap water, mix well and leave to simmer on a gentle heat for about 10mins, until you have silky sauce rich in colour and aroma. Keep an eye on the pan to make sure it doesn't burn.

Add the tomatoes, peppers & chicken. Stir well, cover and leave to cook on a low heat for about 40mins, or until the chicken is cooked through and the peppers are beautifully soft. Serve with warm naan bread.

Alternative uses:

This is a versatile blend, so you can substitute the chicken for lamb shoulder, or any vegetables of your choice

Mama Dor's Kitchen
www.mamadorskitchen.co.uk
hello@mamadorskitchen.co.uk
07834 117272
fb.me/mamadorskitchen