



GUJARATI CHICKEN MASALA

Heat Rating: Mild

Serves 4

Ingredients:

- 2 tablespoons of Mama Dor's Gujarati Chicken Masala spice blend
- 600g chicken (thigh works best)
- 300g natural yoghurt
- 2 tablespoons tomato puree
- 1 large onion, diced
- 2 tablespoons extra virgin olive oil

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 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.

Alternative uses:

This is a versatile blend and you can substitute the chicken for vegetables or even halloumi / paneer to make a delicious vegetarian meal. It can also be used as a dry rub for oven baking or as a BBQ marinade

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