

CHICKEN AND PRAWN CURRY



Serves six

Ingredients

- 160 g butter
- 100 g onions, blended to a paste
- 60 g ginger and garlic paste
- 10 g turmeric powder
- 60 g mild curry powder
- 500 g free-range chicken breasts, sliced
- 500 g large prawns, shelled and deveined
- 200 g tomatoes, blended and strained (discard the pulp)
- 20 g cumin
- 20 g fennel powder
- 10 g cardamom powder
- 150 ml fresh cream
- 100 ml coconut cream
- 60 ml honey
- 10 g fresh coriander, chopped
- 5 g fresh or dried curry leaves, finely chopped
- Generous pinch of salt

Cooking method

1. Melt butter in a large pot over a low heat, add onion paste and simmer for two minutes.
2. Add the ginger and garlic paste and cook for four minutes, then add turmeric, curry powder and chicken. Cook for five minutes.
3. Add the prawns and tomato juice and simmer for four minutes.
4. Stir in all spice powders and cook for a further five minutes.
5. Pour in the creams and cook for five minutes.
6. Add the honey, coriander, curry leaves and salt.
7. Cover the pot and leave for a few more minutes. Serve with rice or roti