

Spicy South Indian Chicken, Potato & Green Pea Curry

Serves 4

This dish combines many of the spices grown in and around Kerala. It is a light curry and perfect to have with rice. Don't be daunted by the long list of ingredients – this is a simple curry to make.

Ingredients:

350 g peeled and diced (to walnut size) potatoes, par-boiled (bring to boil in salted water for 3 minutes then drain and set aside, lid on)

4 Tb cooking oil

2 tsp poppy seeds

2 tsp mustard seeds

1 large onion, sliced thinly

5 cloves garlic, crushed

3 tsp ground coriander

1 tsp ground black pepper

2 tsp cumin

2 tsp turmeric

4 dried chilli (or ½ tsp chilli powder)

1 ½ cups frozen peas

3 medium tomatoes, diced (or 200g can crushed tomatoes)

1 Tb tamarind paste, dissolved in 1 ½ cup water

3 chicken breast, skinless, boneless and diced to same size as potato chunks

2 tsp salt



Method:

Heat the oil in a heavy based saucepan (or high-sided fry pan) over a medium heat. Saute the poppy and mustard seeds until they begin to pop. Turn the heat down and add the onions. Saute these until they begin to colour. Add the garlic followed by the spices. Cook these for 3-5 minutes until they give off their aroma.

Add the peas, tomatoes, tamarind paste in water and par-cooked potatoes and bring to a simmer. Cook until the potatoes are tender but still holding together (5-7 minutes). Finally add the diced chicken and simmer, covered, for a further 10 minutes or until the chicken is cooked. You may need to add up to half a cup more of water during the cooking time.

Serve with crispy papadums, cabbage and rice.