

Chicken korma

6	Chicken thighs, boneless and skinned
2 tbsp	Sunflower oil
2 cloves	Garlic
1	Onion
Thumb-sized piece	Ginger
3 tbsp	Medium curry spice paste
1 can	Chopped tomatoes
100g	Greek yoghurt
350g	Rice

Method:

- In a large pan heat the chopped onions in the oil for about 8 minutes. Add the crushed garlic and grated or finely chopped ginger and cook for a further minute.
- Chop the chicken into small chunks and add these to the pan and fry for 5 minutes.
- Stir in the spice paste, tomatoes and 250ml of boiling water. Bring to the boil and then simmer for 25 minutes.
- Whilst this is cooking put the rice in a large saucepan of boiling water and cook for 12 minutes.
- Stir in the yoghurt and serve.
- Enjoy!