

# Slow Cooked Chicken Korma and Roti



## Ingredients:

900g skinless chicken thigh fillets, cut into large pieces

2 tsp ground cumin

1 tsp chilli powder

2 tsp ground turmeric

1 tsp ground ginger

150ml natural yoghurt

Salt and pepper

1 large onion, peeled and finely chopped

3 to 4 garlic cloves, peeled and crushed

2 to 3 tbsp sultanas

2 tbsp mango chutney

3 tbsp ground almonds

2 tbsp desiccated coconut

2 tbsp tomato puree

2 tbsp cornflour

100ml hot chicken stock

400g can coconut milk

## For the Roti:

225g self-raising flour

Pinch of salt

140ml cold water

A little oil for greasing

## Method:

1. Place the chicken pieces in the slow cooker and sprinkle in the cumin, chilli powder, turmeric, ginger and yoghurt. Season with salt and pepper. If you have time, cover and leave in the fridge for at least an hour or overnight.
2. Add the onion and garlic to the chicken and add the sultanas, mango chutney, almonds and coconut, tomato puree then sprinkle in the cornflour. Stir in the chicken stock and coconut milk, then mix well to combine.
3. Turn the slow cooker on to the HIGH setting. Cover with the lid and cook for 3 hours.
4. To make the Roti: mix together the flour, salt and water to make a soft dough. Divide into 4 equal pieces and roll each out thinly with a rolling pin.
5. Lightly oil a non-stick frying pan and fry the Roti, for 2 to 3 minutes on each side, or until puffy and golden. Cook in batches, if necessary.
6. Keep the Roti covered on a plate until ready for serving. You can warm the Roti in the microwave on Full Power for 30 seconds before serving, if you like.



## Tips:

Use 2 tbsp curry powder instead of the spices.

Use a jar of curry sauce instead of the almonds, coconut, mango chutney, tomato puree and cornflour.

Serve the Chicken Korma with microwave rice - just follow the packet instructions.

Swap out the chicken for veg or tofu leaving it chunky so it keeps texture

Freeze leftovers in labelled containers and reheat from frozen in the microwave, making sure the Korma is piping hot in the centre before serving.