



Chicken and Spinach Balti

Thursday night is curry night in our house. The kids love it. Sometimes though it needs to be quick and easy. So, if you are needing a quick curry hit with little preparation, this curry in a hurry recipe will always hit the mark.

Ingredients

- 15 g butter
- 2 tbsp sunflower oil
- 2 large onions, roughly chopped
- 3 garlic cloves, sliced
- 25 g fresh root ginger, roughly chopped
- 3 tbsp medium curry paste, or balti curry paste
- 1 tbsp tomato purée
- 4 boneless, skinless chicken breasts, cut in to bite-sized chunks
- ½ tsp sea salt
- 1 tsp caster sugar
- 4 fresh ripe tomatoes, quartered
- 200 g baby spinach leaves
- Plus Rice or naan to accompany

Melt the butter with 1 tablespoon of the oil in a large non-stick frying pan. Add the onions, garlic and ginger, then cover with a lid and cook over a low heat for 15 minutes until very soft, stirring occasionally.

Remove the lid and turn up the heat. Cook for 2-3 minutes more, stirring constantly until well coloured. Add the curry paste, turn down the heat slightly and cook with the onions for 3 minutes more, stirring frequently. Remove the pan from the heat and stir in the tomato purée.

Blitz the spiced onions with a stick blender or a food processor and blend until as smooth as possible. Tip the onion mixture into a bowl and set aside.

Place the same pan over a medium heat and add the remaining oil and the chicken pieces. Fry for 3 minutes, turning often, until lightly coloured all over.

Add all the spiced onion mixture, 175ml just-boiled water, salt, sugar and tomatoes, bring to a simmer and cook for 4 minutes. Add the spinach in a few handfuls, allowing each to soften a little before adding the next. Cook for a further minute, stirring regularly, or until the chicken is cooked through, the tomatoes are softened and the spinach has wilted.

Serve with Basmati Rice or naan to finish.

Debbie