

Light Chicken Korma



Ballarat Health Services

Ingredients

2 teaspoons vegetable oil

500g chicken breast fillets, thinly sliced

2 brown onions, thinly sliced

2 tablespoons korma curry paste

1 cinnamon stick

8 cardamom pods, lightly crushed

1/2 teaspoons chicken style stock powder

2 carrots, peeled, sliced diagonally

200g green beans, trimmed, halved

1 bunch broccolini, trimmed, cut into 4cm lengths

70g (1/4 cup) natural yoghurt

1 tablespoon almond meal

2 (47g each) roti, warmed and halved, to serve



METHOD

Step 1

Heat 1 teaspoon oil in a large saucepan or wok over high heat. Cook chicken, in 2 batches, for 2-3 minutes or until browned. Transfer the chicken to a plate.

Step 2

Heat remaining 1 teaspoon oil in pan or wok over high heat. Add onion and cook, stirring, for 3-4 minutes, until softened. Add the korma paste, cinnamon stick and cardamom pods. Cook, stirring, for 2 minutes or until aromatic. Add 250ml (1 cup) water. Stir in the stock powder and carrot. Return the chicken to the pan. Bring to the boil, then partially cover and reduce the heat to low. Simmer for 10 minutes or until the carrot is tender.

Step 3

Add the beans and broccolini to the pan. Simmer for 5 minutes or until the vegetables are just tender. Remove cinnamon stick. Remove from the heat and stir through the yoghurt and almond meal. Serve with roti.

Serves 4.

15mins prep and 30 mins cooking.

Source: www.taste.com.au