Peanut Butter Chicken

Easy to make

This dish is an interesting twist to a conventional curry, I have kept the quantity of spices low so the flavour of the peanut butter comes through and isn't overtaken by the spices.

| Serves: 4 | Preparation time: 15 mins | Cooking time: 25 mins |

You will need

*tbsp = tablespoon

- 2tbsp Oil for frying
- 8 Skinless boneless chicken thighs, cut into large chunks
- 1 Onion diced
- 2 Celery sticks chopped
- 3 Garlic cloves, crushed
- 1 Red Chilli, seeds removed and chopped
- 3cm Piece fresh ginger peeled and grated
- 1 level tbsp Garam masala
- 150g Smooth Peanut Butter
- 250ml Coconut Cream
- 500g Tomato passata
- 1 tin (410g) Chickpeas, drained
- 1 bunch fresh Coriander roughly chopped, holding some leaves back for garnish
- Roasted Peanuts to garnish

Method

1. Heat 1tbsp of the oil in a deep pan and brown off the chicken in two batches, setting to one side.
2. Use the rest of the oil to fry off the onion and celery until softened then add the garlic, chilli and ginger and fry for a further 2 minutes.
3. Add the Garam masala, peanut butter, coconut cream and passata.
4. Stir well and add the chicken with any juices back into the pan, cook for 25 minutes until the chicken in cooked through and the sauce thickens.
5. Add the chickpeas and chopped coriander and heat for a further 5 minutes.
6. Garnish with the remaining coriander leaves and a sprinkle of roasted peanuts and serve with rice if you wish.

Aud's Tips

I buy fresh chillies, both green and red and pop them straight in the freezer, whole, with no need for any preparation.

This way i always have chillies to hand and they cut easily straight out of the freezer, you can remove the seeds if you wish, a lot of the heat is in the seeds so you may prefer to do this. However, as always, when handling chillies, be careful to wash your hands thoroughly and don't touch your eyes....it will sting.

I found this recipe originally from BBC Good Food but i have adapted it quite a lot to my preferences.

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