

INGREDIENTS

1 tablespoon olive oil

6 chicken thighs (bone in, skin on)

1 onion, finely chopped

2 garlic cloves, crushed

4cm piece (20g) ginger, finely grated

50g unsalted butter

1 tablespoon tandoori paste

2 tablespoons tomato paste

2 cups (500ml) Campbell's Real Stock Chicken

400g can chopped tomatoes

1/2 cup (125ml) coconut cream

2 cups (560g) thick Greek-style yoghurt

1/2 cup dill fronds, roughly chopped Juice of 1 lemon

1 telegraph cucumber, sliced into

rounds

2 long green chillies, thinly sliced

Roti, to serve

Lime, to serve

Micro coriander, to serve

SPICE MIX

1 teaspoon ground cumin

1 teaspoon ground ginger

1 teaspoon ground smoked paprika

1 teaspoon ground coriander seeds

1 teaspoon ground turmeric

1 teaspoon ground cinnamon

1 teaspoon ground dried mint

1 teaspoon fenugreek seeds, toasted,

ground

1 teaspoon caraway seeds, toasted,

ground

1/4 teaspoon ground cloves

1/4 teaspoon ground cardamom

Easy one-pot Butter Chicken

METHOD

Step 1

Heat oil in a large flameproof casserole over high heat. Season chicken and cook, skin-side down, for 6 minutes or until golden, then turn and cook for a further 4 minutes or until sealed. Remove from pan and set aside

Step 2

For the spice mix, combine all spices in the casserole. Add onion, garlic, ginger and butter, and reduce heat to low. Cook. stirring, for 5 minutes or until onion has softened. Add tandoori and tomato pastes, and cook for a further 1 minute, then add stock and tomato

Step 3

Return chicken to pan, increase heat to high and bring to the boil. Reduce heat to medium-low and cook for 1 hour or until tender and sauce has reduced by half. Season, and stir in coconut cream.

Step 4

Combine yoghurt, dill and lemon juice in a bowl. Season.

Step 5

Serve curry with cucumber, chilli, dill yoghurt, roti, lime and coriander.