

SWAHILI CHICKEN CURRY

SERVES: 6–8 people

PREP TIME: 1 hour

COOK TIME: 50 min



INGREDIENTS:

- $\frac{1}{4}$ cup sunflower oil and 2 tbsp for frying
- 2 small onions, chopped
- 3 cloves garlic, minced
- 1 tsp fresh ginger, minced
- 1 chilli (green or red), deseeded, finely chopped
- 3 tbsp curry powder
- 2 tsp cumin powder
- 2 tsp garam masala
- 2 cloves
- 1 tsp turmeric
- 5 cardamom seeds
- $\frac{1}{2}$ kg fresh tomatoes, skinned and cut into small cubes
- 1 tbsp tomato paste
- 1 cup coconut milk
- 750 g chicken deboned and cut into 2 cm cubes
- 1 small bunch fresh coriander

METHOD:

1. Heat $\frac{1}{4}$ cup sunflower oil on medium heat in a large pot. Sauté onions until translucent, then add garlic, ginger, chilli, curry powder, and spices and stir until darker in colour and fragrant (around 5 minutes).
2. Add the tomato paste and fresh tomato. Simmer on a low heat for 20–30 minutes, stirring occasionally.
3. Add the coconut milk and simmer gently for 5–10 minutes until the sauce combines. Set aside.
4. Heat remaining 2 tbsp sunflower oil in a large frying pan and sauté the chicken cubes until browned but not cooked through. Do not overfill the pan, so as to ensure that the chicken browns quickly but does not overcook.
5. Add the chicken to the curry sauce, reheat and serve hot. Top with fresh coriander to taste.

Enjoy with rice, chapattis and sambals.

TOP TIPS

The curry sauce improves with time. For the best results, make it a day or two in advance, then simply add the sautéed chicken on the day you want to serve it. It can be kept in the fridge for up to two weeks and can also be used with vegetables, lamb, beef or seafood.