



Chicken Saag

NIBBLEDISH CONTRIBUTOR

Ingredients

Serves 4

Spice Mix:

- 1tsp ground fenugreek
- 1tsp ground cinnamon
- 2tsp ground cumin
- 2tsp ground coriander
- 1tsp ground turmeric
- 1/2 tsp fennel seeds

and:

- 500g chicken thigh fillets, cut into bite-size pieces
- 3-4 small green chillies (or to taste), finely chopped
- 150g spinach
- 1 onion, finely chopped
- 1 piece of ginger, thumb sized, finely chopped
- 3 large cloves garlic, finely chopped or crushed
- 2tsp tomato purée
- 1 can plum / chopped tomatoes - if they are whole plum ones, break them up in the pan

Instructions

I've refrained from putting a chicken curry recipe up here because I've never felt quite

happy enough about it - this one, however, I was very happy with!

With 4 chillies it's hot but good - feel free to tone it down.

Use a good, heavy pot for the stove.

1. Prepare the spice mixture.
2. Heat a good quantity of cooking oil in the pan, but leave the heat low.
3. Slowly cook onions, garlic, chilli & ginger for about five minutes, turning frequently, until onions are soft and translucent.
4. Turn up heat slightly and add chicken pieces. Season very well, stir, then add the spice mixture, coating the chicken - and stir again.
5. Continue cooking slowly, stirring frequently, until the outside of the chicken pieces are cooked (probably about 5 minutes) - if need be, add a little more oil - don't let the spice mixture stick to the pot.
6. Add the tomato purée and mix well, again not allowing anything to burn (add a small splash of water if it helps).
7. Add chopped tomatoes, stir, cover and simmer for about 45 minutes, stirring occasionally.
8. Remove cover and cook for a further 10 minutes, stirring occasionally.
9. Add spinach, stir in well, and cover for 2-3 more minutes, until spinach has wilted.
10. If spinach isn't yet soft, continue stirring slowly until the heat wilts the spinach - when it's ready, serve immediately with rice or naan.