

# THE SPICE IS RIGHT™

## BALTI

An avalanche of vibrant spices, garnished with peppers and onions makes this a firm favourite.

Recipe to cook this curry for two people.

What additional ingredients are required?

1. Your choice of meat (approx 1 chicken breast or equivalent)
2. Two medium sized onions
3. A small green pepper
4. 1/4 Tin of tomatoes or 2 fresh tomatoes
5. Coriander

Suitable for Vegetarians and Gluten Free.

Please Visit [www.thespiceisright.co.uk](http://www.thespiceisright.co.uk)



Step 1

Blend or finely chop 2 onions, then fry in 3-4 table spoons of olive oil for approximately 7 minutes until the onions go soft. If they start to stick add a little water.



Step 2

Add 1 table spoon of the 'Balti Spice' to the onions.



Step 3

Fry for a further 2 minutes. \*\*optional -you can add 2 cloves of chopped garlic and a little ginger at this point.



Step 4

Now add 1 chicken breast cubed to the pan, and seal on full heat until the chicken changes colour for approximately 5 minutes. If it starts to stick add a little water. Basically you want to fry the chicken, and listen to the sizzle!



Step 5

Now add either 1/4 tin of chopped tomatoes or two freshly sliced tomatoes and a few chunks of green pepper. And fry for a further 2 minutes.



Step 6

Add 1 tea spoon of 'Garnish spice' and 1/2 a cup of water, bring to boil then turn down heat and simmer for 20 minutes.

Finally add salt to taste sprinkle with fresh coriander and serve hot! You have just cooked the "Best Curry You Can".