

THE SPICE IS RIGHT™

MADRAS

A medium to hot strength curry cooked with an enchanting mix of spices producing an excellent dish

What additional ingredients are required?

Recipe to cook this curry for two people.

1. Your choice of meat (approx 1 chicken breast or equivalent)
2. Two medium sized onions
3. 1/2 Tin of tomatoes
4. Two table spoons of single cream
5. Coriander

Suitable for Vegetarians and Gluten Free.
Please Visit 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 'Madras 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 1/2 tin of chopped tomatoes or 2 fresh tomatoes and 1/2 a cup of water and bring to boil.



Step 6

Add 1 tea spoon of 'Garnish spice' and 2 table spoons of single cream, 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".