

## Chicken Balti

2 tbsp rapeseed (canola) oil  
or ghee

1/4 medium onion - finely  
chopped

1 tomato - diced

1 tbsp garlic and ginger paste

2 fresh green bird's eye chilli  
peppers

1/2 large green or red pepper  
roughly chopped

4 tbsp tomato puree

2 tbs tandoori masala

Curry Base Sauce

2 tsp Mixed powder

225g (1/2 lb) - tandoori  
chicken

1 tbsp cider vinegar

2 tbsp chopped coriander

Juice of 1/2 lime

Salt to taste

➊ Heat the ghee or oil in a large frying pan or balti pan over high heat.

➋ Toss in the chopped onion and allow to fry for about 3 minutes or until the onion is beginning to turn soft and translucent.

➌ Add the garlic and ginger and stir to combine. About 30 seconds should do the job. You just want to cook off the rawness.

➍ Spoon in the tandoori masala and curry powder.

➎ Now add the green chillies, bell peppers, chopped tomatoes and tomato puree. Give this all a good stir to combine.

➏ Add about half of the base curry sauce and bring to a simmer.

➐ Throw in the chicken pieces and top as needed with more base sauce. Remember, Baltis are quite dry curries so don't add too much. If you do, you could always cook it down.

➑ Simmer for about 8 minutes or until the chicken is heated through. Stir in more base sauce as needed.

➒ Add the cider vinegar and simmer for another minute.

➓ Just before serving, sprinkle the coriander into the curry and season with salt and pepper to taste and then add the lime juice.