

Chicken Rogan Josh

Rogan Josh is usually made with lamb but is just as good when made with chicken. Serve with basmati or brown rice.



Milk and mustard*

Nutritional information per portion (322g):

Energy	Fat	Saturates	Sugars	Salt
895kJ 212kcal 11%	9g 13%	2g 10%	10g 11%	0.38g 6%

of an adult's reference intake.
Typical values per 100g: energy 278kJ/66kcal.

Equipment

Sharp knife x 2 (one for meat, one for vegetables)
Chopping board x 2 (one for meat, one for vegetables)
Garlic crusher
Grater
Measuring spoons
Wok or large saucepan
Wooden spoon
Measuring jug

Ingredients

Serves 4
4 chicken breasts OR boned thighs (skin removed)
1 x 15ml spoon vegetable oil
1 medium onion
1 red pepper
1 clove garlic
3cm piece root ginger
2 x 5ml spoons curry powder
2 x 5ml spoons paprika
2 x 5ml spoons ground cinnamon
A pinch of chilli powder
100ml cold water
1 x 15ml spoon tomato purée
1 x 400g can chopped tomatoes
150ml natural low-fat yoghurt (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Chicken Rogan Josh

Method

1. Peel and finely chop the onion.
2. Cut the red pepper in half. Remove the seeds and pith. Cut the pepper into long strips about ½cm wide.
3. Peel and crush the garlic clove. Peel and finely grate the ginger.
4. Cut the chicken into 2-3cm pieces. Wash your hands after touching the raw chicken.
5. Heat the oil in a large saucepan or wok. Add the onion and fry over a low heat until the onion is soft but not brown. Stir regularly.
6. Add the ginger, garlic and red pepper and cook for a further 2–3 minutes, stirring occasionally with a wooden spoon. Next, sprinkle the curry powder, chilli powder, cinnamon and paprika over the onion mixture. Cook for 1–2 minutes, stirring all the time.
7. Add the chicken and stir so that the chicken is coated in the spice mixture. Continue to cook the chicken over a medium heat, stirring occasionally, for about 5 minutes or until the chicken changes colour, from pink to white.
8. Add the tomato purée and chopped canned tomatoes. Stir well and bring to the boil. Turn the heat down and leave to simmer for 30 minutes. Stir occasionally and add a little water if the mixture is too thick or if you prefer more sauce.
9. The curry is delicious served like this, but you can add a small pot of low-fat yoghurt for a creamier sauce. Add the yoghurt just before serving, heat gently for 1–2 minutes but do not boil as the sauce will curdle.

Something to try next time

- Try adding a handful of peas or 2cm cubes of cooked sweet potato for the last 5–10 minutes of cooking.

Prepare now, eat later

- Curry mellows in flavour when made in advance so cook a double quantity. Cool quickly and freeze half for another time.
- Freeze for up to 1 month, defrost thoroughly and reheat until piping hot. Do not reheat more than once.

Skills used include:

Measuring, peeling, chopping, crushing, grating, mixing/combining, boiling/simmering and frying.

www.bda.uk.com