

# Balti Chicken Pasanda



DIETARY:  
Contains Nuts

## MAKING THIS RECIPE

### Ingredients

**Balti Garam Masala** (2 tsp)  
**Black Cumin Seeds** (½ tsp)  
Black Peppercorns (6)  
**Cayenne Pepper** (1 tsp)  
Chicken Cubed (675g / 1½lb)  
Chopped Fresh Coriander (2 tbsp)  
Chopped Fresh Green Chillies (2)  
**Cinnamon Bark** (1" / 2.5cm piece)  
Crushed Fresh Root Ginger (2 tsp)  
Garlic Clove (1 crushed)  
Greek Yoghurt (4 tbsp)  
**Green Cardamom Pods** (4)  
Onions (3)  
Sea Salt (1 tsp)  
Single Cream (120 ml / 4 fl oz)  
Almonds, Ground (1 tbsp)  
Oil (4 tbsp)

### Method

- 1) Dry-roast the cinnamon, cardamoms and black peppercorns over a medium to high heat, adding the black cumin seeds towards the end. Allow to cool.
- 2) Mix the yoghurt with the Balti Garam Masala, ground almonds, garlic, ginger, cayenne chilli, sea salt plus the dry-roasted whole spices. Thoroughly mix in and coat the chicken pieces, cover and leave to marinate for at least a couple of hours.
- 3) Heat the oil in a karahi balti pan (or large frying pan / wok) and stir-fry the onions for 2-3 minutes. Throw in the marinated chicken mix, give a good stir and cook on a medium heat until the chicken is cooked and the sauce thickened, up to about 15 minutes.
- 4) Mix in the chopped green chillies and coriander and pour in the cream. Keep stirring, bring just to the boil and serve.

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## Other recipes



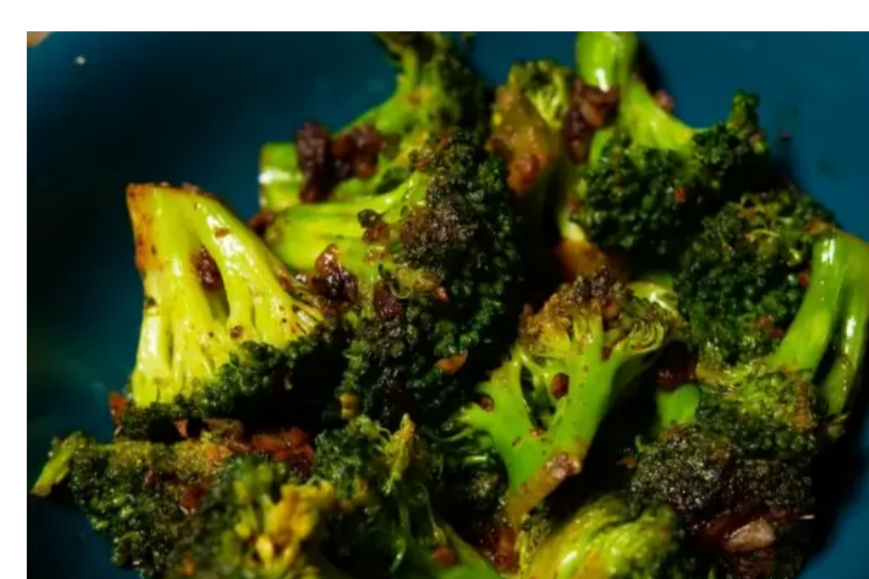
Thai Holy Basil Stir Fry  
THAI

TAKE A LOOK



Spiced Banana & Mango Smoothie  
WORLDWIDE

TAKE A LOOK



Spicy Garlic Broccoli  
CHINESE

TAKE A LOOK