

Chicken Chat (Submitted By Cath Homer)

TIME	SERVES	CUISINE	SULTRY
	4	INDIAN	 

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DIETARY:

Contains Nuts

MAKING THIS RECIPE

Ingredients

- 5 tablespoons cooking oil or ghee
- 1 onion, chopped
- 5 cloves of garlic, minced
- 2cm piece of ginger root, grated
- 4 teaspoons [Chat Masala](#)
- 200ml water
- 1 teaspoon of cornflour
- 150ml natural yoghurt
- 6 chicken thigh fillets, halved
- 150g spinach

Method

Thanks to Cath for this delicious sounding recipe and her top tip on using yoghurt in curries! You can find this recipe, along with others and many more tips on Cath's blog <http://distractedhousewife.blogspot.com/>.

I prefer to use yoghurt in curries for the slightly acidic bite it gives, but find that it can sometimes 'split' during cooking, so I add the cornflour to stabilise it. Replace it with single cream if you'd rather.

Heat the oil or ghee in a deep pan (one which has a lid). Fry the onion until soft then add the garlic and ginger. Stir in the chat masala, then pour in the water.

Stir the cornflour into the yoghurt and add this to the pan too. Stir well, then add the chicken pieces and cover the pan. Cook at a simmer for 25 minutes (which gives you time to sort out rice, set the table and pour a well-deserved glass of wine).

Stir in the spinach at the last moment, let it wilt into the sauce, and then serve!

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