butter chicken

## **Ingredients**

* 500g skinless boneless chicken thighs
* 1 lemon, juiced
* 2 tsp ground cumin
* 2 tsp paprika
* 1-2 tsp hot chilli powder
* 200g natural yogurt
* 2 tbsp vegetable oil
* 1 large onion, chopped
* 3 garlic cloves, crushed
* 1 green chilli, deseeded and finely chopped (optional)
* thumb-sized piece ginger, grated
* 1 tsp garam masala
* 2 tsp ground fenugreek
* 3 tbsp tomato purée
* 300ml chicken stock
* 50g flaked almonds, toasted

### **Method**

* **STEP 1**

In a medium bowl, mix all the marinade ingredients with some seasoning. Chop the chicken into bite-sized pieces and toss with the marinade. Cover and chill in the fridge for 1 hr or overnight.

* **STEP 2**

In a large, heavy saucepan, heat the oil. Add the onion, garlic, green chilli, ginger and some seasoning. Fry on a medium heat for 10 mins or until soft.

* **STEP 3**

Add the spices with the tomato purée, cook for a further 2 mins until fragrant, then add the stock and marinated chicken. Cook for 15 mins, then add any remaining marinade left in the bowl. Simmer for 5 mins, then sprinkle with the toasted almonds. Serve with rice, naan bread, chutney, coriander and lime wedges, if you like.

# teriyaki chicken

## **Ingredients**

* 2 tbsp toasted sesame oil
* 6 skinless and boneless chicken thighs, sliced
* 2 large garlic cloves, crushed
* 1 thumb-sized piece ginger, grated
* 50g runny honey
* 30ml light soy sauce
* 1 tbsp rice wine vinegar
* 1 tbsp sesame seeds , to serve
* 4 spring onions, shredded, to serve
* sticky rice, to serve
* steamed bok choi or spring greens, to serve

### **Method**

* **STEP 1**

Heat the oil in a [non-stick pan](https://www.bbcgoodfood.com/content/top-five-non-stick-frying-pans) over a medium heat. Add the chicken and fry for 7 mins, or until golden. Add the garlic and ginger and fry for 2 mins. Stir in the honey, soy sauce, vinegar and 100ml water. Bring to the boil and cook for 2 - 5 mins over a medium heat until the chicken is sticky and coated in a thick sauce.

* **STEP 2**

Scatter over the spring onions and sesame seeds, then serve the chicken with the rice and steamed veg.

# carrot cake

## **Ingredients**

* 230ml vegetable oil, plus extra for the tin
* 100g natural yogurt
* 4 large eggs
* 1½ tsp vanilla extract
* ½ orange, zested
* 265g self-raising flour
* 335g light muscovado sugar
* 2½ tsp ground cinnamon
* ¼ fresh nutmeg, finely grated
* 265g carrots (about 3), grated
* 100g sultanas or raisins
* 100g walnuts or pecans, roughly chopped (optional)

### For the icing

* 100g slightly salted butter, softened
* 300g icing sugar
* 100g soft cheese

### **Method**

* **STEP 1**

Heat the oven to 180C/160C fan/gas 4. Oil and [line the base and sides](https://www.bbcgoodfood.com/videos/techniques/how-line-different-shaped-cake-tins) of two 20cm cake tins with baking parchment. [Whisk](https://www.bbcgoodfood.com/content/top-five-whisks) the oil, yogurt, eggs, vanilla and zest in a jug. Mix the flour, sugar, cinnamon and nutmeg with a good pinch of salt in a bowl. Squeeze any lumps of sugar through your fingers, shaking the bowl a few times to bring the lumps to the surface.

* **STEP 2**

Add the wet ingredients to the dry, along with the carrots, raisins and half the nuts, if using. Mix well to combine, then divide between the tins.

* **STEP 3**

Bake for 25-30 mins or until a skewer inserted into the centre of the cake comes out clean. If any wet mixture clings to the skewer, return to the oven for 5 mins, then check again. Leave to cool in the tins.

* **STEP 4**

To make the icing, beat the butter and sugar together until smooth. Add half the soft cheese and beat again, then add the rest (adding it bit by bit prevents the icing from splitting). Remove the cakes from the tins and sandwich together with half the icing. Top with the remaining icing and scatter with the remaining walnuts. Will keep in the fridge for up to five days. Best eaten at room temperature.

Play Video