



Honey Chicken Curry

A sumptuous chicken dish with a bit of blossom honey to give it its unique sweetness. Check out our recipe below.

Ingredients:

- 4 chicken breasts
- 3 tbsp Greek Yoghurt
- 1 juice of a lemon
- 3 tsp garram massala
- 1 tbsp SBC Blossom honey
- 2 tsp paprika
- 2 tbsp garlic & ginger paste
- 1 tsp fennel seeds
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 250ml passata/chopped tomatoes
- 1 white onion
- 1 tsp white wine vinegar
- 2 tsp of butter

Method

Chicken Marinade

Wrap your chicken up in foil/cling film and batter it with a rolling pin or a pot, so it becomes all the same thickness. This will help it cook evenly. Rub your chicken in 1.5 tbsp of yoghurt, juice of ½ a lemon, 1 tsp paprika, salt and pepper. Leave overnight (or at least an hour).

Honey Butter Sauce

Feel free to make the sauce the night before and leave that in the fridge too. Next day curry is always the best! Finely chop your onion and fry for 5 mins along with the garlic ginger paste.

Add the rest of the paprika, garam masala, honey, 1.5 tbsp of yoghurt, lemon juice or vinegar and the tomatoes. Put the lid on and leave to simmer for 20 mins until everything breaks down and melts together. After 20 mins add the butter, stir through and turn off the heat.



Cook the Chicken

If you can cook this on the BBQ, then brilliant! If not, put it under the grill so it gets some nice colour on the edges. Little bits of crispy burnt edges really adds to the flavour! Cook for 4-5 mins, and then turn it over. Try not to over cook it as it will eventually dry out.

Spice Mix

Whilst the chicken is cooking, make the aromatic spice-mix garnish. Get a frying pan really really hot. Add the fennel, cumin and coriander seeds and toast them for about 40-60s until you can really smell the flavours. Careful not to burn them.

Tip the contents into your pestle and mortar (or simply put them on a chopping board, place a head pot on top and grind them down). Crush the seeds until it becomes a fine powder.

Serve

Add the chicken to the sauce and reheat the sauce so it is velvety and thick. Garnish with chopped spring onions or the spice mix. Serve with steamed white rice, naan bread, or just have it on its own with a nice cool beer!

