

Masala curry (4 portions; 1½ hrs)

Adapted from https://www.bbc.co.uk/food/recipes/simple_chicken_curry_09881

For the chicken

320g boneless chicken thighs

1 heaped tsp madras curry powder

1 tsp garam masala

salt to taste

Trim the chicken and cut into a few large chunks. Add a bit of salt and the spices and leave to marinade, preferably overnight.

For the curry

8 tbsp olive oil, more as needed

1 flat tbsp madras curry powder

1 tbsp garam masala

1 tsp turmeric

1 tsp salt

pinch of black pepper

3 large cloves garlic

1 block frozen garlic

3 onions (red or white, 500g min)

450g potatoes (baby potatoes work well)

1 tin chickpeas

1 stock cube or pot

Peel and chop the onions into large slices, and roughly chop the garlic. Scrub the potato but no need to peel.

Heat the oil in the pan, add the spices and garlic, and fry for 30 seconds. Add the chicken and fry for a few minutes till sealed, then add the onion. While these are frying, halve the baby potatoes (or cut into similar-size pieces if using normal potatoes).

Add the chopped potato and cook for 10 min with the lid on.

Boil the kettle, and add the stock, chickpeas including water from the tin, and 500ml hot water. Simmer for 45 min.