

Chicken Pasander (4 portions; 1 hr)

Can also make with lamb. Can serve with naan as well as rice.

For the spices

2 tbsp butter

3-4 cloves garlic

1 inch cube fresh ginger (minimum)

1 tbsp cinnamon

1 tbsp turmeric

1 tbsp hot chilli powder

1 tsp nutmeg

1 tsp paprika

Chop ginger and garlic. Melt butter on low heat, and fry everything for a minute or two.

For the sauce

~300g lamb neck fillet or 400g chicken

140-150g tomato puree (1 tiny tin)

100g creamed coconut block

500ml hot water

100g raisins or sultanas

80g flaked almonds (or a bit more if you want)

Chop the meat across the grain of the fillet. If using chicken, add some salt. Add the meat to the spices in the pan and cook until sealed. Boil the kettle.

Roughly chop the creamed coconut and add to the pan. Add all the other ingredients and mix well. Simmer for about 30 minutes, stirring occasionally (including unsticking anything from the bottom of the pan). Top up with water if needed.