

## Chicken Pasander (4 portions; 50 minutes)

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

### For the spices

2 heaped tbsp butter

3-4 cloves garlic (1 Cofresh frozen block)

1 inch cube fresh ginger or more (1+a bit Cofresh frozen block)

2 tsp cinnamon

2 tsp turmeric

2 tsp hot chilli powder (fairly spicy, reduce if unsure)

1 tsp nutmeg

1 tsp paprika

Chop ginger and garlic (or melt in pan on low heat if using frozen blocks).

Melt butter on low heat and add all the listed ingredients. It should form a gloopy paste, add more butter if it's too thick or doughy.

Fry for about 1 minute. Turn off the heat if you're not ready to add the meat to the pan to prevent the spices burning.

### For the sauce

~300g lamb neck fillet or 400g chicken

140-150g tomato puree (1 tiny tin)

100g creamed coconut block

700ml 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. Cover and simmer for about 30 minutes, stirring occasionally (including unsticking anything from the bottom of the pan). Top up with water if needed.