

Chicken or lamb Pasander (4 portions; 50 minutes)

Can serve with naan as well as rice.

Flavour improves with reheating, tastiest if made the day before serving.

For the spices

1 heaped tbsp butter, or a mix of butter and olive oil

3-4 cloves garlic (2 frozen block)

1 inch cube fresh ginger or more (3+ frozen block)

2 rounded tsp cinnamon

2 rounded tsp turmeric

1 rounded tsp hot chilli powder (mild-medium)

1 rounded tsp nutmeg

1 rounded tsp paprika

1 flat tsp black pepper

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/oil 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 (about 1 tiny tin, top up to taste)

100g creamed coconut block

700ml hot water

120g raisins or sultanas

100g flaked almonds (or a bit more if you want)

300g cherry tomatoes

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 (leave the tomatoes whole) 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.