

YIELDS 6

The Wanderlust Kitchen

Indian Chicken Korma

Creamy, spiced Chicken Korma is the stuff dreams are made of. Loosen up those pants and make this delectable Indian dish at home!



2 hr,
10

Prep Time

1 hr,
15

Cook Time

3 hr,
25

Total Time

Ingredients

For the Chicken Marinade

- 3 pounds boneless skinless chicken breasts
- 2 teaspoons extra virgin olive oil
- 2 teaspoons garam masala
- 2 teaspoons curry powder
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper

For the Sauce

- 2 white onions, peeled and cut into quarters
- 6 cloves garlic, peeled
- 4 teaspoons curry powder
- 2 teaspoons turmeric
- 2 teaspoons garam masala
- 1 teaspoon ground coriander seed

- 1 teaspoon salt
- 1 teaspoon black pepper
- 1/2 teaspoon cinnamon
- 1/2 teaspoon cumin
- 1/4 teaspoon ground cardamom
- 1/8 teaspoon freshly grated nutmeg
- 3 tablespoons extra virgin olive oil
- 3 large tomatoes, diced small
- 1 tablespoon freshly grated ginger root
- 1/2 cup ground raw almonds
- 1 cup unsweetened canned coconut milk
- 1 1/2 cups plain low-fat yogurt
- 1/2 a small red chili, de-seeded and minced (dried or fresh)
- 1 tablespoon brown sugar (packed)

Instructions

1. Drizzle the chicken with the oil and sprinkle on the garam masala, curry powder, salt and pepper. Massage into the meat and cover, leaving to marinate for at least 2 hours or overnight.
2. Heat a grill pan over medium-high heat. Grill the chicken for 5-6 minutes per side, until cooked through.
3. Meanwhile, make the sauce: place the onions, garlic, and 1 cup of water in the bowl of a blender. Puree until smooth.
4. Measure out the spices (curry powder through cumin) into a small bowl.
5. In a large saucepan heat 3 tablespoons of olive oil over medium heat. Once the oil is shimmering, add the pureed onion mixture and cook for a 2-3 minutes, stirring constantly, until it begins to darken in color.
6. Add the tomatoes, ginger, ground almonds, coconut milk, yogurt, red chili, pre-measured spices, and brown sugar. Stir well.
7. Turn the heat down to low and simmer 30 minutes. Cut the chicken into bite-sized pieces and add to the pan; simmer for an additional 15 minutes. Serve with steamed basmati rice and/or

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<http://thewanderlustkitchen.com/indian-chicken-korma/>