

Indian Spice Box Chicken

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This chicken dish sure packs a flavour punch, combining meaty, bone in chicken with chilli, garlic, fennel seeds and cumin for a rich, deeply flavoured meal. Serve the chicken with fluffy rice or naan bread for a satisfying dinner.

Ingredients:

8 bone-in chicken thighs
3 fat green chillies
3 garlic cloves
5cm piece fresh root ginger
200g full fat Greek yoghurt
150ml water
2 large onions
2 tbsp. groundnut oil
2 tsp. fennel seeds
1 tsp. cumin seeds
1 tbsp. butter
Handful fresh coriander

Directions:

1. Deseed the chillies. Roughly chop them and place into a food processor before blitzing until smooth. Add the garlic cloves and ginger and blitz until you have a smooth paste.
2. Add the coriander leaves and the yoghurt and blitz again until you have a smooth puree.
3. Thinly slice the onions and remove the skin from the chicken.
4. Heat the oil in a pan until hot and add the fennel and cumin seeds. Cook for 20 seconds then remove from the heat and turn the heat down to medium. Add the butter to the pan and once melted, add the sliced onions. Cook for ten minutes on a medium heat until brown and caramelised.
5. Push the onions to the side of the pan and brown the chicken for 15-20 minutes on all sides. If the onions brown too much, put them on top of the chicken.
6. Add the yoghurt mixture, a quarter at a time, cooking out each addition until it has disappeared into the onions and chicken. Continue until you have used all of the yoghurt mixture.
7. Whiz 150ml water in the blender to remove anything that has been left behind and add to the pan. Simmer for 30-35 minutes and garnish with the leftover coriander stalks.

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