

Wylde Women WI Lite

Authentic Indian Cookery Made Easy

Low Fat & Delicious Recipes

Massala

Ingredients - Serves 4

1 large onion finely chopped

140-150ml passata

1 tsp garlic puree/paste

1 tsp ginger puree/paste

2 tsp coriander powder

½ tsp chilli powder

1 tsp salt

Method

1. Fry onion, stirring regularly, until caramelised and golden brown.
2. Add passata and simmer for 10 minutes.
3. Add the rest of the ingredients and cook for a few minutes until combined.

Chickpea Curry

Ingredients - Serves 4

1 portion of massala

3 tins of chickpeas

200ml water plus more if required

1 tsp ginger paste/puree

Method

1. Heat a portion of massala.
2. Add chick peas, ginger paste and water and simmer for 30 minutes, stirring occasionally. You may need to add more water if it becomes too dry.
3. Mash some of the chickpeas and mix well.
4. Taste and season if needed.

Potato and Pea Curry

Ingredients – Serves 4

1 tsp cumin powder

½ tsp turmeric

½ tsp garam massala

½ tsp salt

500g cubed potatoes

Handful of peas

Method

1. Heat a portion of massala.
2. Add 1 tsp cumin powder, ½ tsp turmeric, ½ tsp garam massala and ½ tsp salt, mix and simmer for a few minutes.
3. Add potatoes
4. s, mix and simmer for 5 minutes.
5. Add enough water to cover the potatoes and bring to a boil. Boil for 10 minutes.
6. Turn down the heat and simmer until potatoes are soft and the sauce has thickened.
7. Add peas and simmer until they are cooked.

Chutney Chicken

Ingredients for Marinade – Serves 4

2 heaped dessert spoons of yogurt (Greek if possible).

1 small roughly chopped onion

½ tsp salt

1-2 chillies

2 cloves of garlic

Splash of lemon juice

30-40g coriander

Additional Ingredients

Approximately 180ml passata

4-6 chicken fillets, cubed

Method

1. Place yogurt, lemon juice and coriander in a blender and blend to a runny paste.
2. Separately add the other marinade ingredients blending as you go.
3. Pour into a bowl and add passata, mix well.
4. Add chicken and mix so each piece is covered.
5. Cover and leave for 2-3 hours.
6. Heat a little oil in a wok and add the chicken which should be cooked until each piece is sealed.
7. Cover and simmer for 15 minutes stirring occasionally adding water if the mixture starts drying out.

NB: Spices & herbs can be purchased at www.natco-online.com