



Chicken Vindaloo

Vindaloo uses vinegar and sugar, (I use raw honey as a healthier alternative), which is different to what I normally use for my other curries and I was curious to try it out. It's become a regular meal in our household and goes equally well with beef (brisket is ideal) as it does chicken. It is a delicious meal and ideal for an autumnal or winter's evening, curled up in front of the fire.

Ingredients:

4 chicken breasts or 8 chicken thighs, skinned and on the bone	2 tsp cumin
1 tbsp coconut oil	1 tsp turmeric
2 medium red onions, sliced lengthways	Pinch chilli flakes (for hotter vindaloo add more)
6 cloves of garlic, chopped chunky	Pinch salt
6 large tomatoes, quartered	400g tin chopped tomatoes
5 cm piece cinnamon stick	1 tbsp red wine vinegar
2 cloves	2 tsp honey
1 star anise	2 tbsp Greek yoghurt or creme fraiche (optional)
3 tsp garam masala	

Method (serves 4):

On the stove:

Heat the coconut oil in a large pan and add the cinnamon stick, star anise and cloves. Fry for approximately 30 seconds. Add the onions and fry for 10 minutes on a medium heat until they are beginning to soften. Stir in the garlic, garam masala, cumin, chilli flakes, turmeric and salt and fry for 30 seconds.

Pour in the tinned tomatoes along with the chicken and combine well. Cover with a well-fitting lid and simmer for 40 minutes or so, stirring occasionally. 10 minutes before serving, add the quartered tomatoes, vinegar and honey to the pan and cook uncovered until ready to serve.

In the slow cooker:

Chicken vindaloo in the slow cooker is as easy as adding all the ingredients and cooking on a high heat setting for 6 hours. If you need to cook it for longer, use a medium heat for 8 hours. If you have the opportunity, reserve the quartered tomatoes for the last hour of cooking to prevent them falling apart.

If you enjoy a creamier flavour, stir a little Greek yoghurt or creme fraiche through the meal before serving. Serve it up on a bed of rice with warmed pitta breads.

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