Chicken and Mushroom Curry

Smooth and earthy chicken and mushroom curry is elegant as well as delicious. The black cardamoms, chicken and mushrooms tease the taste buds to catch the earthiness while tomatoes and coriander add a welcome refreshment. Easy to prepare on the stove as well as in the slow cooker.

Ingredients: Serves 4

4 chicken breasts

3 cloves of garlic, chopped chunky

2 large red onions, chopped chunky

3" piece fresh ginger, grated

3-4 handfuls cherry tomatoes

8 chestnut mushrooms, halved

2 tbsp tomato paste

400ml tin coconut milk

Pinch chilli flakes (measure according to your taste)

1½ tsp ground cumin

1 tsp ground turmeric

2 tsp ground garam masala

1 tsp ground fenugreek

1 rounded tbsp ground coriander

4 black cardamom pods, bruised

Handful chopped coriander

3 tbsp creme fraiche or double cream

Salt and black pepper to taste

Method:

In the slow cooker:

Empty all the ingredients (except the creme fraiche and fresh coriander) into the slow cooker. Cook on a high setting for 5-6 hours. This recipe is even more delicious if your place all the ingredients together in a large bowl and marinade overnight. Just before serving, remove from the heat and add the fresh coriander and stir through the creme fraiche.

On the stove:

Melt a knob of butter, ghee or coconut oil in a large frying pan. Add the onions and fry on a medium heat for 5 minutes. Add the garlic, ginger and salt and fry for a further 5 minutes. Scatter in the mushrooms and all the spices (except for the fresh coriander) and fry for a further 5 minutes.

Next add the coconut milk, tomato paste and cherry tomatoes. Combine well then add the chicken breasts diced. Heat through, ideally without boiling (sometimes the coconut milk will separate, particularly if it is low fat). Simmer for 30 minutes.

Finally add the chopped coriander leaves and stir the creme fraiche through the ingredients. Serve with your favourite rice or eat alongside naan breads.

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