

## Recipe 4 – Chicken and Banana Korma

Serves: 4 adults

Preparation: 20 minutes

Cooking: 40 minutes

### Ingredients to put on your shopping list:

- 2 teaspoons vegetable oil
- 500g skinless, boneless uncooked chicken breasts, chopped
- 1 large onion, chopped
- 1 apple, cored and chopped
- 2 cloves of garlic, crushed
- 2 tablespoons korma curry paste
- 400ml reduced-salt vegetable or chicken stock
- 25g sultanas or raisins
- 25g dried apricots
- 300g rice easy-cook long grain brown rice
- 1 tablespoon cornflour
- 1 banana, sliced
- 4 tablespoons low-fat, lower-sugar plain yoghurt
- 1 tablespoon fresh coriander, chopped (to garnish)
- 1 pinch ground black pepper

### How to make your chicken and banana korma:

**Step 1.** Heat the vegetable oil in a large saucepan. Add the chicken, onion, apple and garlic, and cook for 2-3 minutes, stirring often. Add the curry paste and cook for a few seconds, stirring.

*Make a vegetarian version by using a 300g pack of vegetarian chicken-style pieces or try using 320g marinated tofu pieces, and make sure that vegetable stock is used.*

**Step 2.** Add the stock, raisins (or sultanas) and apricots. Bring to the boil, then reduce the heat and simmer, partially covered, for 35 minutes. Add a little more stock or water, if necessary.

**Step 3.** Brown rice takes 30-35 minutes to cook, so put it in plenty of simmering water.

**Step 4.** Just before serving, blend the cornflour with 2 tablespoons cold water and add to the curry, stirring until thickened. Slice in the banana, cooking gently for another few moments. Check the seasoning, adding pepper, if needed.

**Step 5.** Serve, topping each portion with 1 tablespoon of yoghurt and accompanied with the rice. Garnish with coriander, if using.

*If you prefer, stir the yoghurt into the curry before serving, rather than spooning it on top.*