Dinner

Creamy Chicken Korma for Two

A smooth korma sauce made from onion, curry paste and chopped tomatoes, simmered with chicken and finished with yogurt and almonds. Best served generously with steamed rice.



Low sugar

15 min	363	17.8 g	15.2 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 1 tsp rapeseed oil
- [ ] 1 onion, chopped
- [ ] 2 tbsp korma curry paste
- [ ] 1 x 200g can chopped tomatoes
- [ ] 2 medium chicken breasts, chopped
- [ ] 1 tbsp ground almonds
- [ ] 150 g carton natural low-fat yogurt
- [ ] 1 tsp toasted flaked almonds, to garnish
- [ ] basmati rice, to serve

Method

1. Warm the rapeseed oil in a non-stick frying pan.
2. Fry the chopped onion for 4-5 minutes until softened, then stir in the korma curry paste and cook for 2 minutes more.
3. Tip in the chopped tomatoes, bring to the boil and simmer for 2 minutes.
4. Blitz the sauce in a food processor until almost smooth, then pour it back into the pan.
5. Add the chopped chicken breasts and cook for 5-7 minutes until cooked through.
6. Stir in the ground almonds and the natural low-fat yogurt and warm through gently without letting it boil.
7. Scatter the toasted flaked almonds over the top and serve with plenty of steamed basmati rice.

Nutrition Facts

Per serving

Calories	**363**
Total fat	12 g
Saturated fat	1.9 g
Sodium	Not listed
Total carbs	17.8 g
Fiber	3.4 g
Total sugars	15.2 g
Protein	44.4 g

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