

### Burmese Chicken Curry

This is a fresh tasting curry with Thai influences, the juices from the chicken make the sauce, rather than adding extra liquid.

- 2 large or 4 small chicken thighs
- 1 medium onion
- 2 cloves garlic
- 2 cm piece of root ginger
- 2 strips lemon peel
- 1 -2 red chillies or to taste
- 1 tsp fish sauce
- 1 tsp ground turmeric
- 30g pack coriander leaves
- 1 - 2 cardamom pods
- 1 tsp oil



1. Puree the onion, garlic, ginger, lemon peel, chilli, fish sauce and turmeric to a smooth paste. If the mixture is dry and difficult to process, add a little water.
2. Heat the oil in a medium hot pan and add the paste. Fry until most of the liquid had evaporated and the puree has thickened and changed colour.
3. Add the chicken and stir everything together to coat.
4. Put a tight fitting lid on the pan and reduce the heat to low. Cook for 30 min for boneless chicken or 45 for bone in.
5. Crush the cardamom pods, take out the seeds and crush in a mortar & pestle or with the flat blade of a knife. Roughly chop the coriander.
6. Once the chicken is cooked, stir in the coriander and cardamom seed before serving.

### *Hints, Tips and Variations*

*Wheat, gluten & dairy free*

*Freezable, reheat in a microwave.*

*Garlic, chillies, ginger & turmeric can be adjusted down depending on tastes.*

*Use lemongrass instead of lemon peel.*

*Stir in fresh spinach leaves or use chopped parsley if you don't like coriander.*

*Leeks can be used instead of onions*

*Use soya sauce if you can't take fish sauce.*