

Chicken Korma

Serves 2

196KCAL Per Serving

$\frac{1}{2}$ medium onion, chopped
1 garlic clove, crushed
 $\frac{1}{2}$ lb (225g) diced lean chicken
1 tablespoon mild curry powder
 $\frac{1}{2}$ tablespoon plain flour
 $\frac{1}{2}$ teaspoon ground cinnamon
 $\frac{1}{4}$ pint (150ml) chicken stock
 $\frac{1}{4}$ pint (150ml) low-fat natural yogurt
1 tablespoon chopped fresh coriander
Salt and freshly ground black pepper

1. In a non-stick frying pan heat a little oil and fry the onion until soft. Add the garlic and the chicken and cook for 2-3 minutes until the chicken changes colour.
2. Sprinkle the curry powder and flour over the chicken. Toss the chicken so that it is completely covered. Add the cinnamon and cook for 1 minute.
3. Gradually add the stock, stirring well and season to taste with salt and black pepper. Simmer gently for 10 minutes until the sauce thickens.
4. Remove the pan from the heat, stir in the yogurt and coriander and serve immediately.
5. Serve with boiled rice.