



Nisha Katona's 5 Spice Bengali Chicken Curry

Nisha Katona is one of my favourite chefs and her food is simple, quick but really flavoursome! This Indian 5 Spice curry is unusual and has not onion or garlic so super quick! The recipe also includes peas which are a good source of vitamins C and E, zinc, and other antioxidants that strengthen your immune system.

Serves: 4, Prep time: 00:10, Cook time: 00:20

Instructions

1. Put the vegetable oil in a large heavy-based pan over a medium heat. When hot, add the panch phoron and fry lightly, making sure the spices do not burn. This usually takes around 8-10 seconds on a high heat.
2. Add the chicken, garam masala, ground turmeric and chilli powder and fry for 2 minutes.
3. Add the chopped tomatoes, salt, sugar and green chilli. Give everything a good stir together, then turn the heat down to low. Cover and simmer gently for 15-20 minutes.
4. After 10 minutes, add in the petit pois and allow to continue cooking until the chicken is cooked through and tender. At

Ingredients

- 3 tablespoon Oil, olive
- 1 teaspoon Indian Five Spice, Heaped
- 700 grams Chicken breast (1 lb 8.5 oz)
- 1 teaspoon Garam Masala
- 1/2 teaspoon Turmeric
- 1/2 teaspoon Chilli Powder
- 1 Chopped Tomatoes, Tinned/Canned
- 2 Chili, Green, Large
- 130 grams Peas, Frozen (4.5 oz)
- 1 Rocket, leaves, raw, Handful
- 1 pinch or to taste Corriander leaves
- 1 Juice, lemon, Squeeze

the end, stir through the English mustard, rocket, chopped coriander and a squeeze of lemon juice.

5. Serve with rice.

I had some left over red pepper so threw this in as well when I made it - it added some crunch as the cooked is really quick!