



Assisting the amazing since 1883



Portions: 10 Prep Time: 30 min Cook Time: 30 min

Chicken Balti

Ingredients

- 6 chicken breasts, cut into strips
- 150g Balti curry paste
- 2tbsp oil
- 20g fresh coriander
- 2 onions, sliced
- 800g **MAGGI Rich & Rustic Tomato Sauce**
- 20g **MAGGI Coconut Milk Powder Mix**
- 80ml warm water
- 150ml natural yoghurt
- 1 small red chilli, finely chopped

Method

1. Coat the chicken strips in curry paste and place in a resealable plastic bag. Marinate overnight if possible, or for at least half an hour.
2. Heat the oil in a large pan over a medium heat. Add the marinated chicken strips and stir to prevent sticking. When sealed, add the coriander, onions and tomato sauce. Reduce heat to low and simmer until the chicken is almost cooked and the onions have softened.
3. Prepare the coconut milk by whisking the coconut milk powder into the warm water until combined. Add to the chicken curry along with the natural yoghurt. Stir and bring back to a simmer. Taste to check the spiciness of the dish and, if desired, add chilli. Serve immediately.

Chef's Tip

Curry can be served immediately or cooled and refrigerated for up to 48 hours. If the consistency of the curry is too thick upon reheating, thin with a splash of coconut milk powder.

Serving Suggestion

A sprinkling of chopped fresh coriander lifts the colours of this dish, while crispy slivers of onion add texture and flavour. Serve with basmati rice, naan bread, and mango chutney.

Each serving typically contains

| Calories | Sugars | Fat | Saturates | Salt |
|----------|--------|-------|-----------|-------|
| 289 | 9.5 g | 12.3g | 2.9 g | 1.20g |
| 14% | 11% | 18% | 15% | 20% |

of an adult's **Guideline Daily Amount (GDA)***

*GDAs are guidelines. Personal requirements vary depending on age, gender, weight and activity levels.



Assisting the amazing since 1883

For more information visit www.maggi.co.uk/professional or call 0800 742 842

