




Karahi

Strength: **medium** 
Time to prepare: **30 minutes**
Hob/oven time: **20 minutes**
Serves: **4**

Recipe

You will need:

- 1.5 tsp salt
- 2 tbsp vegetable oil or ghee
- 2 tbsp finely chopped ginger
- 2 tbsp crushed garlic
(or 2 tbsp garlic and ginger paste).
- 1 tub passata (500g)
- 700g – 750g skinless boneless chicken thighs, diced
- OR 2 blocks tofu diced into 3cm cubes
- OR 2 blocks paneer cut into 3cm cubes

Optional: 2 green chillies (if you like more Spyce, as I do!) and fresh coriander

To serve: A dollop of yogurt, chapatis or plain basmati rice if you prefer.

How to cook

1. Heat the oil in a large pan and lightly brown the chicken, tofu or paneer for a few minutes on each side. Remove from pan.
2. Now add the garlic and ginger paste and fry for 2 minutes before adding the spices (and additional chillies if using). Stir.
3. Add the passata and sugar and simmer gently for 5 minutes.
4. Now add the chicken and cook for 10 – 15 minutes until cooked through (just cook the sauce if using tofu or paneer).
5. Add the salt (tofu or paneer if using and heat through).
6. Garnish with fresh coriander (if using) and serve with a dollop of yogurt and chapatis or plain basmati rice if you prefer.