



Cape Malay Chicken Curry

A RECIPE BY CHEF JON

ingredients

Makes 6 portions

- 2 tbsp olive oil
- 1 large onion
- 4 large cloves of garlic (crushed)
- 2 tbsp finely grated ginger
- 5 cloves
- 2 tsp ground turmeric
- 1 tsp ground white pepper
- 1 tsp ground coriander
- 1 tsp ground cumin
- Seeds from 8 cardamom pods (crushed)
- 1 cinnamon stick in half
- 1 red chilli, deseeded and sliced
- 400g chopped tomatoes
- 2 tbsp mango chutney
- 1 tsp chicken bouillon
- 12 chicken thighs (or 6 breasts)
- 500g potatoes cut into chunks
- Small bunch of coriander

directions

1. Heat the oil in a large, wide pan. Add the onion and fry for 5 minutes until softened, stirring every now and then.
2. Stir in the garlic, ginger and cloves, and cook for 5 minutes more, stirring frequently to stop sticking.
3. Add the remaining spices and the fresh chilli, stir briefly then tip in the tomatoes with 400ml water, add the chutney and the stock.
4. Add the chicken, pushing them under the liquid, then cover the pan and leave to cook for 35 minutes.
5. Stir well, add the potatoes and cook uncovered for 15 – 20 minutes or until they are tender.
6. Stir in the coriander to finish.



Saag Paneer

A RECIPE BY CHEF JON

ingredients

Makes 6 portions

- 2 tbsp melted butter
- 1 tsp turmeric
- 1 tsp Kashmir chilli powder
- 450g paneer (Indian cottage cheese)
- 500g spinach
- Large onion
- 3 cloves of garlic
- 1 thumb piece of ginger
- Green chilli, roughly chopped
- 1 tsp garam masala
- ½ lemon juiced

directions

1. Mix together the butter, turmeric, chilli powder and paneer
2. Roughly chop the spinach or drain if using tinned, defrost and squeeze if using frozen
3. Blitz the onion, garlic, ginger and green chilli
4. In a non-stick frying pan fry the paneer until golden brown and set aside, leaving the spices in the base of the pan
5. Tip in the onion, add a pinch of salt and fry until caramelised, add a little water if it looks too dry.
6. Add the garam masala and fry for 2 minutes
7. Add the spinach and cook for 2 – 3 minutes, add a little water to de-glaze the pan.
8. Add the paneer back and re-heat, squeeze over the lemon juice and serve as a side dish.



Chicken Bhuna

A RECIPE BY CHEF JON

ingredients

Makes 4 portions

- 8 chicken thighs (skinned, boned and diced)
- 4 clove garlic
- Green chilli
- 2 tbsp chopped ginger
- 2 white onions (diced)
- 1 tsp turmeric
- 2 tsp chilli powder
- 2 tsp cumin
- 2 tsp ground coriander
- 1 tsp garam masala
- 5 chopped tomatoes (1 tin 400g)
- ½ tsp lemon juice
- 1 tbsp chopped coriander
- 3 tbsp oil
- Salt

directions

1. Heat the oil in a large, deep frying pan (or wok) and add the garlic, chilli and ginger. Cook for a minute then add the chopped onions, stir and cook for 3 – 4 minutes.
2. Once the onions are brown, and the turmeric, chilli, cumin, coriander and garam masala. Stir and cook for about a minute.
3. Add the chopped tomatoes along with 100ml water and a good pinch of salt. Bring to the boil and cook until the sauce becomes thick.
4. Add the diced chicken, mix and cook on a medium heat for approximately 20 minutes or until the chicken is cooked.
5. Squeeze over the lemon juice and garnish with coriander to serve.
6. Serve alongside boiled or flavoured rice.

A close-up photograph of several golden-brown, fried onion bhajis. One bhaji in the foreground is topped with fresh green herbs. In the background, a white ceramic bowl contains a vibrant red raita sauce, likely made of tomatoes, onions, and spices. The entire dish is set against a dark, textured background.

Onion Bhajis

A RECIPE BY CHEF JON

ingredients

Makes 12 bhajis:

- 2 white onions, finely sliced
- 100g flour (or plain)
- ½ tsp baking powder
- ½ tsp chilli powder
- ½ tsp turmeric
- Green Chilli, deseeded and chopped (leave the seeds in for a hotter finish)
- ½ cucumber
- 150g Greek yoghurt
- 2tbsp chopped mint

directions

1. Peel and slice the onions and place into cold water.
2. Sift the flour and baking powder into a bowl. Add the chopped chilli, chilli powder, turmeric and a good pinch of salt.
3. Mix in about 100ml of cold water to make a batter.
4. Next make the raita by peeling and grating the cucumber, place this into a sieve, squeeze out the liquid and mix with the yoghurt, mint and seasoning.
5. Drain the onions, squeeze off the liquid and mix into the batter.
6. Heat oil in a fryer or pan to 160C. Lower heaped teaspoons of mixture into the oil, a few at a time. Turn once during cooking so that the bhaji is golden brown all over.
7. Remove from the oil and place on paper to drain.
8. Serve with the raita sauce as a starter or accompaniment.



Vegetarian variations

RECIPES BY REBEKAH GILBERT

Rice - Boil up then simmer about 50g per person, brown or white or sticky rice, whatever you have, for about 10-12 mins if white, 25 mins if brown. Add some butter before serving to give it a nicer texture & or add cardamon pods when simmering to add flavour.

Naans/poppadom - You can buy these ready made, or use tortilla wraps – toast them lightly in the toaster or in a dry pan for 30 seconds, they are cheaper and do just as well.

Raita - Use about half a pot of plain yoghurt, add some mint, small diced cucumber (peel off), stir.

Chick pea & spinach - Defrost some frozen spinach and squeeze out all excess water after. Heat some chick peas in a pan with some carraway or cumin seeds or a little curry powder. Add the spinach, mix together and serve.

Aubergine & mushroom - Fry up some cubed aubergine until soft & cooked, add some mushrooms. Again add spices as above, mix & serve.

Dahl - Boil then simmer about 50g of red lentils until they go soft like a paste. Separately fry some garlic, onions then when they are cooked add to the dahl, serve.

Vegetable curry - Fry up some diced onion, plus again whatever you have – peppers, mushrooms, courgettes, green beans, peas, carrots, 2-3 cloves of garlic. Add curry powder and if this is burning add a splash of water to make a curry paste. Add either a tin of tomatoes or a tin of coconut milk depending if you are aiming for a medium curry or a korma. Add some turmeric to add colour to the coconut milk but be very careful it doesn't come into contact with anything as it will stain big time!

Thai curry - If you prefer a Thai curry, use quorn pieces or smoked tofu (co-op about £2,50 but delicious and still cheaper and better for you than chicken!), add some diced onions, then at the last minute some green beans or peas, some small finger corns, sprouting broccoli. Add garlic, splatter of ginger puree, grated zest and juice of a lime if you have one, then add coconut milk for a few minutes. Add some toasted cashew nuts on top if you like (do them first in a dry pan, don't take your eyes off them as they go from lovely and golden to burnt in a few seconds!).

Fresh coriander can be added to the above dishes, adds buckets of flavour, looks good and is about 40p a packet in Aldi and one packet can do a couple of different meals – keep it in the fridge once open.

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