

Low Cost Family Meals

Chicken Balti (Serves 4)

Here's what you'll need:

- 450g skinless, boneless chicken breasts or 5 skinless, boneless chicken thighs cut into bite-sized pieces
- 1 tablespoon lime juice
- 1 teaspoon paprika
- 1 teaspoon hot chilli powder
- 12-15 sprays of rapeseed oil (enough to coat the bottom of the pan)
- 1 cinnamon stick, 3 cardamom pod, split
- 1 small to medium green chilli
- 1 teaspoon cumin seed
- 1 medium onion, grated or finely chopped
- 2 garlic cloves, finely chopped (or 2 teaspoons of garlic paste)
- 2cm piece of fresh ginger, grated or chopped finely (or 1 teaspoon of ginger paste)
- 1 teaspoon of turmeric, ground cumin and ground coriander
- 1 teaspoon garam masala
- 250ml passata or half a can of chopped tinned tomatoes
- 1 red pepper cut into small chunks with seeds removed
- 1 medium chopped tomato
- 85g fresh or frozen spinach leaves (¼ tin of spinach)

Handful of fresh coriander, chopped (optional)



Here's how to make it:

1. Put the chicken in a medium bowl. Mix in the lime juice, paprika, chilli powder and season with black pepper, cover and then leave to marinate for at least 15 minutes in the fridge. (Remember to wash your hands thoroughly after handling raw chicken)
2. Heat oil in a large non-stick wok or frying pan
3. Add the cinnamon stick, cardamom pods, whole chilli and cumin seeds, and stir-fry briefly just to colour and release their fragrance
4. Stir in the onion, garlic and ginger and fry over a medium-high heat for 3 – 4 minutes until the onion starts brown
5. Add the remaining oil (or use spray oil to coat the pan) then add the chicken and stir-fry for 2 – 3 minutes or until it no longer looks raw
6. Mix the turmeric, cumin, ground coriander and garam masala together
7. Add to the pan, lower the heat to medium and cook for 2 – 3 mins until just starting to brown
8. Pour in the passata and 150ml water, then add the pepper. When starting to bubble, lower the heat and simmer for 15 – 20 mins or until the chicken is cooked through and tender
9. Stir in the tomato, simmer for 2 – 3 mins, then add the spinach and turn it over in the pan to just wilt. Season with a little salt. If you want to thin down the sauce, add a little more water. If you prefer, remove the cinnamon stick, chilli and cardamom pods, before serving. Scatter with fresh coriander



Serving suggestion:

Serve with wholegrain chapattis, pitta bread, rice or a side salad.

Low Cost Family Meals

Potato and Pea Curry

(Serves 4)

Here's what you'll need:

12-15 sprays of rapeseed oil
(to coat the bottom of the pan)

1 teaspoon cumin seeds

1 medium onion, finely chopped

2 garlic cloves, finely chopped
(or 2 teaspoons of garlic paste)

400g tin chopped tomatoes

Pinch of salt

1 teaspoon dried chilli flakes

1 teaspoon ground cumin

3 medium-sized potatoes (about 650g),
peeled and cut into 2-3 cm pieces

300g frozen peas



Here's how to make it:

1. Heat the oil in a large saucepan and add the cumin seeds. Once they start to sizzle, add the onion and cook for 5 – 6 minutes over a medium heat until golden-brown, stirring regularly

*(if using spray oil then allow a full coating of the pan to avoid burning onions, etc)
2. Add the garlic and cook for another minute
3. Add the tomatoes with 200ml water and bring to the boil. Cover and cook over a low-medium heat for 15 minutes, or until the amount of liquid has reduced, stirring regularly
4. Add the salt, spices, potatoes and 300ml/½ pint of boiling water.
5. Cover and cook over a low-medium heat for about 15 minutes, or until the potatoes are softened but not breaking apart, stirring regularly
4. Add the peas with an extra splash of water (if needed) cover and cook for 5 minutes



Serving suggestion:

Serve hot with flat breads or boiled rice. A spoonful of natural yoghurt is also a nice addition