

Rogan Josh Curry

Serves: 6

Prep time: 15 minutes

Cook time: 1 ½ hours



2 ½ serves per portion

Ingredients

500g chicken thighs, fat trimmed
3 tablespoons rogan josh curry paste
2 tablespoons natural yoghurt
2 tablespoons olive oil
1 large onion, diced
3 cloves garlic, finely chopped
½ tablespoon ginger, grated
4 tomatoes, diced OR 400g can diced tomatoes
2 potatoes (sweet or white), diced
250mL water
½ tablespoon cornflour
340g green beans, trimmed
400g can chickpeas, rinsed and drained
1 ½ cups basmati rice
3 naan breads (*optional*)

Method

MARINATE chicken with 2 tablespoons of the rogan josh curry paste and yoghurt.
HEAT oil in a wok (or large frypan) on medium heat. Add onion, garlic and ginger and cook for 5 minutes until onion is soft.
ADD chicken to pan and sear until outside is brown.
ADD tomatoes, potatoes, remaining curry paste and water. Mix well and let simmer on low heat for one hour.
PREHEAT oven to 180°C if serving dish with naan.
MIX cornflour with equal parts water until dissolved. Add cornflour slurry, green beans and chickpeas to curry. Cook on medium heat for 30 minutes.
COOK rice according to packet instructions.
DRIZZLE naan bread with water and wrap and foil. Warm in oven for 10 minutes.
SERVE with natural yoghurt.



Everyday Food

Recipe courtesy of Lindsey Thynne, Country Kitchens team