



Alström Syndrome UK
Strength for today, hope for the future

Stay Fit, Stay Healthy, Stay Happy

Alex's Chicken Korma



**Preparation
Time
15-20 minutes**

**Cooking Time
30 minutes**

Serves 4

www.alstrom.org.uk

What will I need?

Korma Spice Mix

(or you can buy a readymade mix)

2 teaspoon fresh grated ginger

2 teaspoon chopped garlic
(2-4 depending on size)

Pinch of salt

2 teaspoon cumin

2 teaspoon coriander

1 teaspoon turmeric

½ - 1 teaspoon mild chilli powder

Curry

225g cubed chicken

1 chopped onion

korma spice mix

1 pint of natural yoghurt
(low fat Greek yoghurt works well)

2 tablespoon desiccated coconut

6 tablespoon ground almonds

1 tablespoon chopped nuts

1 chicken stock cube

What will I need to do?

Spice mix

1. Chop or crush the garlic and put in a small bowl. Grate the ginger and add to the bowl. Measure the spices and add to the bowl. Mix thoroughly.

or

2. Put garlic cloves into a food processor and chop. Grate the ginger and add to the food processor, add the spices, then whizz it all together.

or

3. Use a ready-made Korma powder.

Korma

1. Chop the onion & fry in a little oil.

2. Add the chicken cubes & brown.

3. Add a little water and cook for 2 minutes.

4. Sprinkle on the Korma powder and cook for 2 minutes.

5. SLOWLY add the natural yoghurt, a chicken stock cube and simmer for 10 mins.

6. Add the nuts and cook for 15 minutes. Stir frequently to stop the mix sticking to the pan.

7. Serve.

Top Tips

Use a special manual onion chopper.

You just put over the onion and bash it!

It chops finely and is easy to use safely.

Save a little yogurt to spoon on top after serving, delicious!

