

Simple Goan chicken curry

Ingredients

- 4 large skinless chicken breasts, cut into chunks
- 3 tbsp vegetable oil
- 1 tsp yellow or brown mustard seeds
- 1 large onion, sliced
- 3 garlic cloves, finely sliced
- 1x400ml can coconut milk
- salt

For the marinade

- 1 tsp paprika
- ½ tsp ground turmeric
- 1½ tbsp ground coriander
- 1 tsp ground cumin
- 1 tsp cayenne pepper
- 1 tbsp lemon juice
- ½ tsp salt
- 75ml/2¾fl oz water

Preparation method

1. Mix together all the marinade ingredients to give you a loose, smooth paste. Add the chicken pieces and coat them in the paste. They are best left to marinate for around 30 minutes to 1 hour, but if you're in a hurry a few minutes will do.
2. Heat the oil in a deep frying pan and add the mustard seeds. When they start to pop and jump about in the pan, add the onion and garlic. Cook until they're golden brown before adding the chicken and any extra paste from the marinade. Fry over a gentle heat for about 8 minutes before adding the coconut milk. Increase the heat slightly and bring to a simmer. Cook for a further 10-12 minutes until the sauce has thickened slightly before seasoning with salt if necessary and serving with rice or naan bread.



1-2 hours

preparation time

10 to 30 mins

cooking time

Serves 4

By Jo' Pratt

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This mild Indian-style dish is spicy rather than hot and relatively low-fat. Marinate the chicken slowly for more flavour.