

IDDSI Level 5 / 6

Chicken Masala

Dinner

Recipe source:
Oak House Kitchen

Time to make: Prep time – 20 mins; Cook time – 35 mins

Servings: 4

Ingredients:

600g chicken thigh diced to 1.5cm (Level 6) or minced chicken (Level 5)
200g onion – finely diced
40g ginger – grated
5 garlic cloves – chopped
5g ground cumin
5g ground cinnamon
5g chilli powder
5g turmeric
5g garam masala
5g ground coriander
200ml chicken stock
200ml coconut milk
Salt – to taste
30ml vegetable oil – for frying

Dietitian's Top Tips:

Chicken is a great source of protein, we need protein in our diet to help the body to build and repair itself. Adding a side dip made of Greek yoghurt will help to increase the protein and calories of this meal further.

Instructions:

- Heat a heavy-based pan on the stove. Combine all dry spices and toast in the pan for 30 seconds.
- Add the oil, onion, ginger and garlic to the pan and cook with the spices over a medium heat for 10 minutes, until soft and fragrant.
- Add the diced / minced chicken to the pan and stir into the onion mixture.
- Add the chicken stock and coconut milk.
- Cook gently for 20 minutes, until chicken is tender and the sauce has thickened. Note that to comply with IDDSI Level 5/6, there should be no thin liquid dripping from the food.
- Serve with the side dishes such as dahl or rice.

Note:

If served with rice, ensure it is mixed in with the sauce to moisten and hold it together. Rice should not be sticky or gluey and should not separate into individual grains when served.