

Saira Hamilton's Chicken Bhuna

When I first set up Wheelie Good Meals I started tweeting to [Saira Hamilton](#) who was a runner up in Masterchef in 2013. Saira has provided me with an immense amount of help and I'm very lucky to her as a friend even if it is a cyber friend. This recipe is one she's given me to use, my mother and I thoroughly enjoyed it and if you don't make any other Wheelie Good Meals recipe, make this one.... it's one of my favourites so far. To find out more about Saira [click here](#).



Ingredients

- 2 tbsp vegetable oil
- 1 large onions, chopped
- 4 cloves garlic, crushed
- ½ inch ginger, finely chopped / grated
- 500g Chicken Breast cut into large chunks
- 200ml water*
- 1 heaped tablespoon natural yoghurt (but not low-fat, it will be too watery)*

Whole Spices

- 2 cardamon pods,
- ½ cinnamon slivers
- 1 dried bay leaves

Ground Spices

- ¼ level tsp turmeric,
- ½ level tsp chilli powder,
- 1 level tsp coriander,
- 1 ½ level tsp cumin,
- ½ level tsp garam masala,
- Salt and Pepper

* hiding from photograph

Also Needed

- **Deep Sauce Pan**
- **Knife**
- **Wooden Spoon**
- **Chopping Board**
- **Measuring Spoons**

Recipe © Saira Hamilton, Format © Wheelie Good Meals 2014
For more information on this recipe or Wheelie Good Meals visit us online at
wheeliegoodmeals.wordpress.com

Saira Hamilton's Chicken Bhuna

Method:

1. Chop the onions into half moons, then slice thinly.



2. Heat the oil in a large saucepan, on a medium heat. When the oil is hot, add in the chopped onions. Cook the onions for at least 10-15 minutes over a medium heat until they are a bronzed brown. **Be patient or the final result will be pale and pasty looking!**
3. While the onions are cooking prepare the whole spices, ground spices, garlic and ginger in 3 little bowls so you are ready to throw them in at the right time.
4. Add in the whole spices (tear the bay leaf) and fry for a further minute, until you can smell their fragrance.



5. Now add in the garlic and ginger and ground spices and fry for at least another 90 seconds or so. **Be brave and keep the heat up quite high but keep stirring to prevent burning.**
6. Once spices have been cooked, add in approximately a cupful of water (200ml), (I added 400ml because I like a lot of sauce). At this point the spice-mix will bubble furiously. Keep cooking, stirring often, until most of the water has evaporated, and you are left with a shiny looking curry paste in the pan. This might take 7-8 mins. **This process is called the 'bhuna'.**

Saira Hamilton's Chicken Bhuna

7. Now, with the heat still high, add in the chicken pieces. Turn them over in the pan for at least a few minutes until the pieces are sealed all over.



8. Reduce the heat to a healthy simmer and cover. Cook for about 20 minutes, stirring occasionally. Finally stir in the yoghurt, and the curry is ready to eat.



9. I served mine with some boiled rice, this was quick and easy and cooked in its packet in the microwave.
10. Garnish with chopped coriander (or in this case parsley) and, if you have some, a few finely sliced chillies and serve.



This Chicken Bhuna recipe has been adapted from an original recipe given to Wheelie Good Meals by Saira Hamilton of Small Aubergine



www.smallaubergine.com/recipes