

## Light Chicken Korma Recipe

### Ingredients:

Small knob fresh ginger, peeled and finely sliced  
1 garlic clove  
1 onion, sliced  
1 tablespoon vegetable oil  
4 skinless chicken breasts, cut into bite-sized pieces  
1 teaspoon garam masala  
100 ml chicken stock  
3 tablespoon low-fat fromage frais\*  
2 tablespoons ground almonds  
handful toasted, sliced almonds, to serve  
coriander (cilantro) leaves, plain rice, naan bread or chapatis, to serve

### Method:

Cook the ginger, garlic and onion in a large pan with the oil until softened. Tip in the chicken and cook until lightly browned, about 5 minutes, then add in garam masala and cook for 1 minute further. Pour over the stock and simmer for 10 minutes until the chicken is cooked through. Mix together the fromage frais and ground almonds. Take the pan off the heat and stir in the fromage frais mixture. Sprinkle over sliced almonds, garnish with coriander leaves and serve with boiled rice, chapatis or plain naan bread.

\*fromage frais is available in a selection of light, creamy dairy products. It makes a great substitute for cream in savoury and sweet dishes - add it to sauces or use as a topping.

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