

## Korma-e-Murgh

(Afghan Chicken Korma)



### Ingredients

- ❖ 4-5 cups brown basmati rice, soaked overnight
- ❖ Vegetable or olive oil, spray can
- ❖ 600g skinless chicken breast, diced
- ❖ 1 tablespoon ginger, finely chopped
- ❖ 1 tablespoon garlic, finely chopped
- ❖ 1 medium brown onion, diced
- ❖ 1 red capsicum, diced
- ❖ 1 green capsicum, diced
- ❖ 1 yellow capsicum, diced
- ❖ 1 cup low fat Greek yoghurt
- ❖ 2 teaspoons ground turmeric
- ❖ 1/3 cup split peas, soaked in cold water for 2-3 hours
- ❖ 10 dried sour plums, soaked in cold water for 1 hour
- ❖ 2 medium tomatoes, diced
- ❖ 4 green chillies, thinly sliced
- ❖ 3 long fresh red chillies, thinly sliced
- ❖ Thinly sliced red onions, lime wedges and coriander to garnish
- ❖ Wholemeal Afghan bread to serve

### Method

Serves 8-10

1. Start cooking rice in rice cooker
2. Soak the split peas and plums beforehand
3. Spray frying pan with a thin layer of oil and cook chicken on high heat until browned
4. Remove chicken from pan and set aside
5. Spray another thin layer of oil and ginger and garlic and stir for 1-2 minutes
6. Add the onion and cook until browned
7. Add the capsicum, cook until soft
8. Reduce the heat to low and add the yoghurt and turmeric
9. Stir well, bring to a gentle boil and return the chicken to pan
10. Drain the split peas and plum, add to pan and simmer for 2-3 minutes
11. Add the tomato and chilli and cook until split peas are soft and sauce has thickened
12. Serve with rice, red onion rings, lime wedges, coriander sprigs and Afghan bread