

Chicken and Egg Korma Curry

Serves 4-6

INGREDIENTS

- 4 Sunny Queen Eggs for Soldiers, at room temperature
- 650g chicken thigh fillets
- 2 tablespoons butter or ghee
- 1 large onion, roughly chopped
- 2 garlic cloves, peeled
- 1 teaspoon crushed ginger
- 2 tablespoons Korma or mild curry paste
- 1 cup natural yoghurt
- 3 tablespoons ground almonds (almond meal)
- ½ cup frozen peas
- 6 cherry tomatoes, cut in half
- 2-3 tablespoons thickened cream



METHOD

1. Cover eggs with cold water and put on to boil. When water is simmering, turn heat to medium and cook for 8 minutes. When cooked, transfer to a bowl of cold water.
2. Cut chicken into 4 cm pieces and season lightly with salt and pepper. Heat the butter or ghee in a frying pan and brown chicken on all sides. Remove to a plate.
3. Chop onion, garlic and ginger in a food processor or blender until almost smooth, pour into the pan used for the chicken and saute for about 6 minutes, stirring frequently. Add curry paste and half the yoghurt and cook for 2-3 minutes, stirring occasionally.
4. Return the chicken and any juices from the plate, and stir in remaining yoghurt, sugar, ground almonds and 1 cup water, salt and black pepper. Bring to the boil, stirring occasionally, reduce heat and simmer for 8-10 minutes.
5. Shell the eggs and slice or cut into quarters. Add eggs, tomatoes and cream to the curry. Check for seasoning and simmer gently for 1-2 minutes. Serve with basmati rice.