

BUTTER CHICKEN



4 servings



30mins

INGREDIENTS

For the chicken marinade

- 800g chicken thigh, cut into bite-sized pieces
- 200g plain full-fat yoghurt
- 4 cloves garlic
- 2 tsp lemon juice
- 5 cm knob of ginger
- 1-2 green chillies
- 1 tsp garam masala
- ½ tsp turmeric
- 1 tsp ground cumin
- 1 tsp red chilli powder
- 1 tsp salt

For the curry.

- 3 tbsp butter + 1 tbsp oil
- 1 large onion, sliced
- 1 star anise
- 1 cinnamon stick
- 3-4 cloves
- ½ tsp cumin seeds
- 2 tbsps garlic, minced
- 1 tbsp ginger, minced
- 1 tsp ground cumin
- 1 tsp garam masala
- 1 tsp ground coriander
- 1 tbsp tomato paste
- 400g canned tomatoes
- 2 tsp red chilli powder
- 2 ½ tsp salt (or to taste)
- * 250ml double cream
- * 2 tbsp kasoori methi
- * Coriander

DIRECTIONS

1. To begin with, preheat the grill to its highest setting.
2. Then, mix all the ingredients for the marinade and use it to coat the chicken.
3. Grill the chicken for 5-6 minutes on each side until it turns slightly charred.
4. After that, heat the ghee in a pan and add cumin seeds, cinnamon sticks, cloves, and star anise.
5. Once the seeds start to sizzle, add the onions and cook them until they turn brown.
6. Then, add ginger and garlic and cook for an additional 30 seconds until they become fragrant.
7. Now, add the spices and tomato paste, and cook for 5 minutes until the paste turns dark. Next, add the crushed tomatoes and let it cook for 20-30 minutes over low heat.
8. After that, add the grilled chicken (along with its cooking liquid), cream, and methi.
9. Mix everything well and let it cook for 5 minutes until the chicken is cooked properly. Taste the sauce and adjust the seasoning as needed.
10. Finally, garnish with coriander and serve with rice and fresh naan

MEXICAN BREAKFAST EGGS



2 servings



25-30 minutes

INGREDIENTS

Ingredients

- 2 large eggs
- 60 grams of Pinto beans (canned beans, rinsed and drained)
- ¼ teaspoon salt
- 2 tsp of unsalted butter.
- 15grm of basil.
- 2 spring onions chopped
- 1/2 Avocado
- 1 x Tomato.
- 1/2 Red Onion
- 10grms Feta
- Handfull of baby spinach
- Fresh coriander to garnish.
- Several dashes of our hot sauce

DIRECTIONS

1. Crack the eggs into a medium bowl and whisk them with a fork until the mixture is pale yellow. Stir in the beans and season with the salt and hot sauce.
2. Melt the butter in a medium-sized skillet over medium heat. Pour in the egg mixture and cook, stirring often, until the eggs are just set, about 2 to 4 minutes. Stir in the spinach and transfer the mixture to a bowl.
3. Then stir in the half the coriander and spring onions .
- 5 Top the scrambled eggs with feta, salsa, guac and fresh coriander.

Equipment

2 Chopping Boards, Chopping Knife, Frying pan, 2 medium bowls. Gloves