

Parsee Chicken and Spinach Curry Masala



Method

Heat the ghee in a saucepan. Add and fry the onion, coriander, ginger and garlic paste until golden.

Add the chicken pieces to the pan and seal on high heat.

Add the **Parsee Chicken and Spinach Curry Masala** to the pan and fry on low heat with the chicken until aromatic.

Add the yoghurt to the pan and bring to the boil and cook on low heat covered until the chicken is tender.

Salt the curry to taste stirring well and cook until the liquid has reduced.

Add the pre-cooked and drained spinach/frozen spinach and cook through. If your curry has become a little watery, bring the curry back to the boil and cook with the lid off simmering until the gravy has reduced.

Serve hot with Cachumber.

This curry can be cooked with lamb and roasted vegetables.

Ingredients

45g ghee
300g finely chopped onion
1/2 cup of fresh coriander
1 tbsp ginger paste
1 tbsp garlic paste
1.25kg chicken fillet cut into small pieces
30g [Mudgeeraba Spices Parsee Chicken and Spinach Curry Masala](#)
300g Greek yoghurt or sour cream
salt to taste (approx. 1tsp)
500g boiled and drained or frozen spinach.

