

HOW TO COOK A

SUPER DELICIOUS BALTI



WHAT YOU NEED

- A large flat bottomed fry pan
or a WOK
- A coffee grinder or Mortar
and Pestle
- Chopping Board
- Mixing Bowl



HOW TO DO IT

1. Put the tomato puree, ground spices and yoghurt into a mixing bowl and thoroughly mix
2. Heat the oil in the frying pan until hot and then add the chicken. Fry until cooked through.
3. Add the onions and other veg and fry until lightly brown
4. Pour in the Yoghurt mix and bring to the boil
5. Add the tinned tomatoes
6. Bring to the boils and then back off the heat and simmer for at least 10 mins.
7. Serve with rice, Naan Bread and or what ever you like!



WHAT TO PUT IN IT

- 1-2 Chicken Breasts
- 1 Cup or more of Greek
Yoghurt
- 2 Tins chopped tomatoes
- 1 tube tomato puree
- 1 tsp Chilli powder
- 3-2 cloves of garlic
- Vegetable oil (or Ghee)
- Onion
- Green Peppers (and other
veg to taste)
- Garam Masala