

Tandoori Chicken with a Bombay Saag Aloo

- 4 x Chicken Breast (large diced 2cm)**
- 1 x 400g Tinned Butter Beans (vegetarian version)**
- 1 Red Pepper thinly sliced and diced**
- 1 Yellow Pepper thinly sliced and diced**
- 1 clove Fresh Garlic crushed and peeled**
- 1 Onion thinly sliced**
- 25g Fresh Ginger grated**
- 4 x Spring Onion thinly sliced**
- 1 tbs x Mild Tandoori Spice Mix**
- 1 tbs Mild Curry Powder**
- ½ tsp Ground Turmeric**
- 1 Small Bag Baby Spinach**
- 500g Bag New Potatoes (cooked and quartered)**
- 4 tbs Natural Yogurt**
- 1 tbs Vegetable Oil**

Method

1. In a large bowl mix the chicken with the Tandoori powder, yogurt, ginger and turmeric. This mix is best left to marinade for 1 hour.
2. In a wok heat 2 tblsp water until you see steam, add the garlic. Now place the tandoori chicken mix, peppers and spring onion in the wok and seal by turning the chicken over frequently. Add another 1 tablespoon of water, cover with a lid and steam until cooked, Keep lifting the lid to check the chicken is not drying out. Remove the lid after 2minutes and reduce the amount of liquid left. Switch off the pan and leave to stand.
 3. In a bowl mix the cooked potatoes, mild curry powder, red onions and 1 tablespoon vegetable oil.
4. In another pan place the potato mix and panfry until golden brown, add 2 tablespoons water and add the spinach. Stir the spinach in until wilted. Season if required.
5. Carefully serve the tandoori on to a plate with the Bombay saag aloo.
6. Enjoy