

# Special Spinach Chicken

(serves 2)

## Ingredients

- 2 Medium Sized Onions – roughly chopped
- 2 chicken breasts
- 2 Cinnamon Sticks
- A few Cloves & cardamom pods
- 100g Mushrooms
- Fresh Coriander
- Garlic (Quite a bit)
- 2 Green Chilli's chopped
- ½ tbs Turmeric powder
- 1 tbs Ground Coriander
- ½ tbs Garama Masala
- 2 Spring Onions chopped
- 1 tbs Natural Yoghurt
- 1 tbs Sugar
- Handful of frozen spinach

## Method

1. Heat the oil with the cinnamon sticks, cloves and coriander on a **MED** heat.
2. Put in the onions and sweat until browned over **MED** heat.
3. Add the mushrooms, garlic, green chilli, salt, sugar and Turmeric on a low heat.
4. After a few mins add Chicken and spring onions and increase the heat.
5. After 5 mins add the spinach.
6. After a further 5 mins add yogurt a little at a time.
7. Cover and simmer for 5-10 mins then add coriander and serve.