

# Zanzibar Chicken

(serves 4)

## Ingredients

- |   |                                       |
|---|---------------------------------------|
| ○ 2 tbsp groundnut oil                    | ○ ½ tsp cumin seeds                   |
| ○ 4 chicken breasts                       | ○ ½ tsp coriander seeds               |
| ○ 2 onions, finely chopped                | ○ 4 green cardamom pods               |
| ○ 3 garlic cloves, crushed                | ○ 2 limes, juice only                 |
| ○ 2 green chillies, chopped               | ○ 275ml/½ pint chicken stock          |
| ○ 3 green or red tomatoes, finely chopped | ○ 2 x 400ml/14fl oz cans coconut milk |
| ○ ½ tsp ground turmeric                   | ○ 1 bunch basil                       |

## Method

1. Heat a deep-sided frying pan until hot and add the oil and then the chicken.
2. Fry on each side for about one minute, until the meat is browned all over. Remove the meat from the pan and set aside on a plate.
3. Add the onions, garlic, one of the chillies and the green (or red) tomatoes and cook for about five minutes.
4. Meanwhile, place the turmeric, cumin seeds, coriander seeds and cardamom pods into a pestle and mortar and grind until fine.
5. Add the ground spices to the onion and tomato mixture. Add the lime juice.
6. Add the chicken stock and coconut milk to the pan and bring to the boil.
7. Return the chicken to the pan and simmer for 20 minutes, until the chicken is cooked through.
8. Place the remaining chilli and the basil into the pestle and mortar and grind to a paste.
9. Add the chilli and basil paste to the chicken at the last minute and season to taste.
10. Serve hot with **Basmati rice**.