

Friday Night Slow Cooker Chicken Curry with Aubergine

This is a brilliant recipe that started off as quite a healthy one at (click here for the original) . Not any more! - add aubergine, cream, almonds, and this spicy curry becomes nutty and indulgent!

It was perfect for starting off before work on a Friday and simple to finish at the end of the day. Pop it in a bowl, curl up on the sofa with a naan bread and a glass of wine.

Preparation time: 30 minutes Cooking time: 6 hours Serves: 4-6

Ingredients

1 tbsp. butter
1 tbsp. coconut oil (or high heat oil)
4 large chicken breasts
1 onion (diced)
1 aubergine (smallish chunks)
3 garlic cloves (finely chopped or minced)
2 tsp. curry powder
1 tablesp. curry paste (I used massaman thai)
3 tsp. garam masala
175g tomato puree
15 green cardamom pods
1 can of coconut milk
200g natural yoghurt
4 tablesp. double cream
3 tsp. ground almonds
handful flaked almonds

Directions

Heat the butter and oil in a large frying pan over a medium heat. Stir in the chicken, onion and garlic. Cook for about 10 minutes until the chicken has browned and the onion has softened. Stir in the curry powder, curry paste garam masala and tomato puree until no lumps of the tomato puree remain. Pour into the slow cooker. Stir in the cardamom pods, ground almonds, aubergine, coconut milk and yoghurt. Season with salt to taste.

Cook on high for 4 to 6 hours or low for 6 to 8 hours. The sauce should be thick and chicken tender. Stir in the cream and the flaked almonds. Remove the cardamom pods before serving.

Serve with peshwari naan, pilau or coconut rice.

Fresh Basil ...

<http://freshbasil.weebly.com/recipes>