

Chicken Dansak

Oh my, I LOVE this dish. I change it almost every time just by using different veg so if you don't have the exact veg I use in this one then just use what you have. I swear this tastes good no matter what you put in it. Two things that are essential though are the spinach and lentils. You'll need some of my BASE CURRY SAUCE for this which is a separate recipe you can find on the website. I added peas this time which was a first and it was really good. Enjoy!!!

This Makes 4 good sized portions and maybe a little left over for tomorrow's lunch ☺

- ¾ pint of BASE CURRY SAUCE (see separate recipe for this)
- 2 cups of **cooked** lentils (I used green in this one but red are good too)
- 3 chicken breasts, diced
- ½ teaspoon chilli powder
- 2 huge handfuls of washed spinach
- 1 green chilli chopped
- Large handful fresh coriander, chopped
- 1 and ½ teaspoon garam masala
- 30g frozen peas
- 2 large potatoes, boiled until just slightly soft then diced.
- 1 tsp cumin
- 2 Tbsp. lemon juice
- 1 Tbsp. coconut oil

Prep work – to boil and dice the potatoes. The potatoes should still be firm and hold their shape when diced. Cook the lentils for about 20 mins in water, drain and leave to one side.

In a large pan, melt the oil and add the chicken. Fry this off until it turns white on the outside. Now add the potatoes. Keep the heat low as you don't want to burn them, they are already cooked, you are just frying them off slightly. Add the cumin, garam masala, chilli powder and fresh chilli (I just add a touch as I'm not a fan of super spicy curries but make this as hot as you like!). Stir everything to coat it all in the spices. Now pour in your base curry sauce, the peas and add the cooked lentils.

Keep this on a low simmer for 10 mins to allow the chicken to cook through – add a little water if it looks too thick and simmer for longer if you want it thicker.

Check the chicken is cooked through then add the fresh coriander, spinach and the lemon juice. Stir through to wilt the spinach and serve. I made some quinoa and stirred it in to the curry rather than having it on the side but this is perfect just on it's own.

I really hope you love this as much as I do.

