

## **Indian Stir Fried Chicken & Spring Onion**

(4 Servings)

Energy: 150 Calories

### Ingredients

- 50g brown onions, peeled
- 15g ginger, peeled
- 6 cloves garlic, peeled
- 3 green chillies
- 1 tbsp canola oil
- 1 tbsp coriander seeds, crushed
- 1 tsp cumin powder
- 1/4 tsp turmeric powder
- 400g boneless chicken breast, skin removed, cut into 3 cm cubes
- 1 tsp garam masala powder 100g spring onions, cut into 1 cm lengths
- 2 tbsp fresh coriander, chopped
- Salt to taste
- 1/4 cup water

### Method

1. Place onions, ginger, garlic, and green chillies in a food processor and process to a fine paste.
2. Heat oil in a thick-bottomed non-stick pan, and sauté crushed coriander seeds for a few seconds.
3. Add paste and sauté for 4 minutes. Add cumin and turmeric powder and stir some more.
4. Add chicken cubes, and stir fry for 2-3 minutes.

5. Add water, cover pan and cook over small fire for 7-8 minutes, stirring occasionally.
6. Add spring onions, garam masala powder, and fresh coriander.
7. Add salt to taste, mix well. Serve hot.