

Bhuna (using chicken, lamb or fish)

Recipe provided by Yakub Ali, chef at Rozana's Restaurant in Leamington Spa.

Dietary health advice provided by Tahira Sarwar, Senior Specialist Dietitian.

You can make Bhuna using either lamb, chicken or fish. Serves approximately two people.

Step 1: Marinate chicken, lamb or fish

Ingredients

- 500g of lamb/chicken/fish
- half a teaspoon salt
- half teaspoon turmeric powder
- 1 teaspoon curry powder
- 2 tablespoons of garlic
- ground coriander
- ground ginger
- 2 tablespoons low fat natural yoghurt
- Half a squeezed lemon

Method

Mix the above ingredients and marinate the lamb, chicken or fish for two hours

Step 2: prepare Base sauce

Ingredients

- 5 onions
- 2 carrots
- 4 green chillies
- 2 peppers
- 4 fresh tomatoes
- 1 teaspoon salt
- 2.5ml of olive oil
- 1 teaspoon turmeric
- 1 teaspoon curry powder
- half teaspoon coriander powder

Method

- Chop all the vegetables and put in a pot of water
- Add salt, olive oil and boil until vegetables are soft
- Add the turmeric, curry and coriander powder. Leave on low heat for about 20 mins. Leave to settle until cool
- Grind the sauce in a blending machine
- Put the ground sauce in a saucepan and place on low heat for 15 minutes
- The base sauce is now ready

Step 3: Oven cook marinated chicken, lamb or fish

Place your choice of meat in preheated oven at 180 degrees.

Cooking times are as follows:

- Fish 15 mins
- Chicken 20 mins
- Lamb 20 mins

Step 4: Prepare Bhuna sauce

Ingredients

- 1 teaspoon extra virgin olive oil
- 1 teaspoon of freshly chopped garlic
- 1 teaspoon fenugreek (methi)
- 1 tablespoon tomato puree
- 2 teaspoons of chopped onions
- Chopped coriander

Method

- Heat the olive oil in a frying pan
- Add the ingredients and stir (on low heat) until onions are browned
- Add chopped coriander continue to stir and add base sauce to taste
- Add lamb, fish or chicken and stir for 10 minutes
- The meal is ready to be served