

Curry Bites



Serves	Prep Time	Cooking	Total Time	Calories
0 people	10 minutes	20 minutes	30 minutes	391 kcal

Stuff that's in it:

- Creamy Curry Bites
 - Chicken
- 500G Chicken Breast (Cubed)
 - 1 Tbsp Rapeseed Oil
 - 1/2 Tsp Smoked Paprika
 - 1/2 Tsp Ground Coriander
 - Pinch Salt And Pepper
 - Sauce
 - 1 Tbsp Rapeseed Oil
- 1 Small Onion (Finely Chopped)
 - 2 Cloves Garlic (Crushed)
- 1 Thumb Sized Fresh Ginger (Finely Sliced)
 - 1 Tsp Garam Masala
 - 1/2 Tsp Ground Cumin
 - 1/2 Tsp Ground Cumin
 - 1/2 Tsp Mild Chilli Powder
 - 2 Tbsp Tomato Puree

- 1 Can Chopped Tomatoes (Fill Can For Extra Water)
- 100Ml Single Cream
- 1 Tsp Honey
- Pinch Salt
- Handful Fresh Coriander Or Parsley To Finish
- Optional Swirl Of Cream To Finish
- Big Fat Garlic Naans
- 500G Strong White Bread Flour
- 7G Fast Action Yeast (1 Packet)
- 1 Tsp Sugar
- 1 Tsp Salt
- 150Ml Wam Milk
- 100Ml Natural Yoghurt (Full Fat)
- 2 Tbsp Olive Oil (Or Melted Butter)
- 1 Egg
- Topping
- 2 Tbsp Melted Butter
- 2 Cloves Garlic, Finely Chopped
- Small Handful Fresh Parsley

What you do:

Toss the chicken in oil, paprika, coriander, salt and pepper. Pan fry on a high heat until golden all over , doesn't need to be fully cooked yet. Take it out and set aside.

In the same pan, add the rest of the oil and soften the onion for 4–5 mins. Stir in the garlic and ginger and cook for another minute.

Add your spices, chopped tomatoes, tomato purée and fill the can with some water and keep adding as you gently cook. Let it bubble gently for 8–10 mins to reduce down. Here you

Can tip the sauce into a blender and blitz for 3 - 5 seconds to make smoother but not too fine. Then add a little more water too loosen. Or have it a bit chunked as it is and don't blend.

Add sauce back to pan of blitzed , Stir in the cream and honey, then add the chicken back in. Simmer for another 5–8 mins until the chicken's cooked through and the sauce is lush and silky.

Top with fresh coriander and a little swirl of yogurt or cream , Serve with rice & naan bread.

☐ Can be gluten free

☐ Can be batch cooked

☐☐ Freezer friendly

☐ Not veggie, but could be swapped with tofu or paneer

Big Fat Garlic Naans (Cast Iron Style)

Restaurant-style, blistered, garlicky naans — either☐giant table-sized monsters or smaller weeknight versions. Same dough, just split differently.

What you do

1. In a jug, mix the warm milk, sugar, and yeast. Leave for 5 minutes until frothy.
2. In a big bowl, stir together the flour and salt. Add the yeast mix, yoghurt, olive oil, and egg. Mix, then knead for 8–10 minutes until smooth (or let a stand mixer do the hard graft).
3. Cover the bowl and leave somewhere warm for 1 hour, until the dough has doubled in size.
4. Knock the dough back, then:
 - Divide into 2 pieces for giant naans (about 500g each, proper restaurant-sized).
 - Divide into 4 pieces for smaller naans (about 250g each, still bigger than shop-bought).
5. Roll each into a circle about the size of your pan.
6. Heat the cast iron pan until it's almost smoking. Lightly dampen one side of the dough with water.
7. Lay the wet side down in the pan and cook 1–2 minutes until puffed and charred underneath.
8. Flip with tongs and cook the other side for another 1–2 minutes.
9. Mix the melted butter, garlic, and coriander, then brush all over while hot.
10. Serve straight away or freeze once cooled.

☐ Cook time per naan: about 4 minutes

Nutrition per naan (approx):

☐☐ Giant naan (2 total):

Carbs: 197 g

Fat: 34 g

Saturated Fat: 12 g

Fibre: 8 g

Protein: 34 g

Calories: 1246 kcal

☐☐ Smaller naan (4 total):

Carbs: 99 g☐Fat: 17 g☐Saturated Fat: 6 g☐Fibre: 4 g☐Protein: 17 g☐Calories: 623 kcal

☐ Freezer friendly (cook first, reheat in a hot oven or back in the pan)

☐ Vegetarian as is

☐ Batch cook? Yep just scale up the dough

Nutrition

- Carbs: 6g
- Fat: 15g
- Protein: 34g
- Fibre: 2g
- Saturated Fat: 3g