

BAKED CHICKEN CURRY WITH LEMONGRASS & TURMERIC



MINUTES TO PREPARE
15



MINUTES TO COOK
55



SERVES
6



INGREDIENTS

6 large chicken thighs, bone in and skin on (or 12 small ones)
Maldon sea salt
Freshly ground black pepper

For the paste:

3 cloves of garlic, peeled
7cm fresh ginger, peeled
1/2 red medium chilli, deseeded and roughly chopped
4 kaffir lime leaves
1 tablespoon turmeric
1/2 fennel, roughly chopped
6 small shallots, peeled and roughly chopped (or 3 large ones)

1/2 bunch of coriander stalks only, roughly chopped (save the leaves for garnishing at the end)
4 sticks of lemongrass, end and outer 2 layer removed. Keep the outer layers to one side for the sauce. Roughly slice the stalks that you are using for the paste
2 tablespoons rapeseed oil

For the sauce:

400ml light coconut milk
200ml water
4 kaffir lime leaves
2 cinnamon sticks
3 star anise
1 teaspoon vegetable bouillon
Juice of 1 lemon
1/2 bunch coriander leaves only, roughly chopped
3 spring onions, sliced

You will need a nutribullet or food processor and an oven baked tray or casserole dish where the chicken thighs can all sit flat.

LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4.
- 2 Place all the ingredients for the paste in the nutribullet and blitz*
- 3 Heat the rapeseed oil in a large frying pan or casserole dish over a high heat. Season the chicken thigh skins with Maldon sea salt and freshly ground black pepper, and place them in the hot oil, skin side down. Brown on both sides until golden. Once browned, place on a plate to one side.
- 4 Turn the heat down to low and scrape in the paste. Heat the paste over a gentle heat for 10 minutes, stirring from time to time to stop it from catching.
- 5 Add in the coconut milk and water, and stir well to incorporate the curry paste in with the liquid. Next add in the lemon juice, lemongrass outer leaves, cinnamon sticks, star anise, kaffir lime leaves and vegetable bouillon.
- 6 Place the chicken thighs on top, skin side up. Pop in the oven and cook for 40 minutes.
- 7 After 40 minutes add a lid or sheet of aluminium foil to the casserole dish or oven proof dish and continue to cook for a further 15 minutes.
- 8 Remove from the oven and taste the sauce for seasoning (salt, lemon juice or black pepper).
- 9 Sprinkle over the chopped coriander leaves and spring onions and serve with basmati rice and greens. Enjoy!

****If you have a nutribullet then you'll get the paste super fine. If you've got a food processor, (which I've used before to make this recipe), then blitz together the spices and oil and finely chop the shallots and fennel. Once the chicken is cooked, remove the chicken pieces to a plate and blitz the sauce with a hand blender, (or back in the food processor), so it's smooth and creamy.****