

# Almond Chicken

Ground almonds with yoghurt around chicken.

This is an **English**<sup>1</sup> dish. Serves 2 good portions.

## Ingredients

- 1 medium onion
- 3 cloves garlic
- 4 chicken breasts
- 1
- 20 ml Zaytoun **FAIRTRADE** olive oil
- 5 ml **FAIRTRADE** curry powder<sup>2</sup>
- to taste **FAIRTRADE** freshly ground black pepper
- 60 gm ground almonds
- 100 ml plain yoghurt

Sprinkle in a few drops of lemon juice from one of the lemon quarters and add a little more oil if you think it needs it.

Add the chicken and stir fry over medium heat until the chicken is starting to go crispy or golden at the corners (5 mins).

Turn the heat to low and stir in the almonds.

Take the pan off the heat, stir in the yoghurt and turn out onto the plates.

## To serve

Serve with **plain or turmeric rice**<sup>3</sup>, or **peas pilau**<sup>4</sup>, and the lemon quarters for squeezing.

## Method

### Preparation

Peel and chop the onion into small to medium pieces.

Peel and chop fine the garlic.

Slice the chicken into strips.

Slice the lemon in to quarters.

### Cooking

Gently fry the onion and garlic in the oil until the onion is softened but not colouring (5 - 7 mins).

Add the curry powder and stir round (it will form a layer on the bottom of the pan).

<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/england.htm>

<sup>2</sup>[http://www.fairtradecookbook.org.uk/recipes/curry\\_powder.htm](http://www.fairtradecookbook.org.uk/recipes/curry_powder.htm)

<sup>3</sup>[http://www.fairtradecookbook.org.uk/recipes/rice\\_boiled.htm](http://www.fairtradecookbook.org.uk/recipes/rice_boiled.htm)

<sup>4</sup>[http://www.fairtradecookbook.org.uk/recipes/peas\\_pilau.htm](http://www.fairtradecookbook.org.uk/recipes/peas_pilau.htm)