



Donna Does Chicken Tomato Oil Curry

Ingredients

800g chicken thigh, fat removed, cut into cubes
300ml Donna Does Tomato Oil Pickle
4 heaped tablespoons tomato paste
2 brown onions, thinly sliced
1 cup full fat Greek style yogurt

Method

Marinate the chicken with the Tomato Oil Pickle overnight.
Fry the onions in a little vegetable oil on a medium heat in a wok or frying pan until soft.
Add the marinated chicken and fry until almost cooked through.
Add the tomato paste and put on a high heat; once it is boiling, turn down to a low heat and allow the sauce to simmer until it thickens.
Add a little salt if required.
Add the yogurt and stir through on the low heat for 2 minutes.

Serve with boiled rice, poppadoms, and some Donna Does Snappy Apple Chutney and mint yogurt on the side.

Serves 4

For a lower-fat version, use chicken breast instead of thigh, and a low fat natural yogurt.