

# KORMA POLICE

Don't scoff a criminally greasy takeaway – get good fats and protein with this recipe from chef Adam Gray

**ADAM GRAY** is executive chef at Skylon (skylon-restaurant.co.uk) in the Royal Festival Hall, London. He has been a chef for 28 years and has held a Michelin star for 11. He cycles 30km a day, competes as a runner and trains in krav maga.



**THE MEAL** **CHICKEN KORMA**

Curry may be the nation's takeaway of choice, but it's often packed with salt, sugar and unhealthy trans fats. This healthy alternative features lots of fresh ingredients – including protein-rich chicken and fat-fighting spices – and leaves out the unpleasant extras.

**THE SWAP** **DOUBLE CREAM FOR GREEK YOGHURT**

'Most korma recipes use double cream, but Greek yoghurt contains more muscle-building protein and digestion-boosting probiotics,' says Gray. 'It's also far lower in calories.'

**THE BONUS** **MORE HEALTHY FATS, LESS INFLAMMATION**

Cashew nuts provide high levels of heart-healthy monounsaturated and polyunsaturated fats, while red onions contain the anti-inflammatory quercetin.

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**THE RECIPE** **INGREDIENTS** (serves 2)

100ml rapeseed oil / 1 red onion, finely chopped / 1 cinnamon stick, halved / 2 red chillies, deseeded and finely chopped / 2 garlic cloves, crushed / 8 green cardamom pods / 3 cloves / 50g fresh ginger, finely chopped / 2 fresh or dried bay leaves / 3 skinless chicken breasts, diced / Salt and black pepper to taste / 300ml natural Greek yoghurt / 200ml chicken stock / 40g cashew nuts / Handful of fresh coriander, chopped / 200g brown rice

**TO MAKE**

- Heat half the rapeseed oil in a pan over a medium heat.
- Add the red onion, cinnamon, chilli and garlic and cook for five to eight minutes, stirring occasionally.
- Add the cardamom, cloves, ginger and bay leaves and cook on a low heat for ten to 12 minutes.
- Meanwhile, heat the remaining rapeseed oil in a separate pan over a high heat.
- Season the chicken, add to the second pan and cook until golden brown on all sides.
- Remove and drain in a colander to remove any excess oil. Add to the onion and spices in the other pan and mix thoroughly.
- Cover with the yoghurt, cashew nuts and stock, and simmer gently for 20–25 minutes.
- Once the chicken is fully cooked, add the coriander and mix.
- Serve with brown rice, cooked according to packet instructions.