

Ranger Nick's

Sabji Masala Murgahi



1 kg diced chicken breast or thighs
2 tbsps oil
2.5cm chopped ginger
6 cloves chopped garlic
2 chopped green or red chillies
200ml water
1/2 green capsicum, diced
1 large carrot, julienned
1 handful of peas
4 sliced shallots
1 handful of sweet korn kernels

Cutting board
Sharp knife
Wooden spoon
Measuring spoons
Cook pot
Bowl



This medium spiced chicken curry is cooked with plenty of vegetables in the sauce. An unusual and delicious dish, that will turn into your favourite.

It will suit the majority of your friends and family.

Feel free to increase the heat by using hotter varieties of chilli.

Cooking Method:

Heat oil in your cook pot to fry ginger and garlic. Add the packet of spices and mix through. Add diced chicken and stir until it is well coated. In a bowl, combine crushed cashews with water to make a paste. Add it to the meat and simmer for 15 minutes. Add vegetables and simmer for a further 20 minutes. Take off the heat and serve with rice.

Watch it on Youtube at <https://youtu.be/yRLwh28-Q1o>