



Chicken Dhansak Curry

Ingredient	10 Portions	50 Portions	100 Portions
Diced Chicken	500g	2.5kg	5kg
Onions	1	5	10
Curry powder	10g	50g	100g
Cumin	10g	50g	100g
Turmeric	10g	50g	100g
Garam Masala	10g	50g	100g
Ground Coriander	10g	50g	100g
Tomato Puree	100g	500g	1kg
Garlic	20g	100g	200g
Red Lentils	200g	1kg	2kg
Tomato Base Sauce (see FFT recipe)	1 litre	5 litres	10 litres
Chicken stock	1 litre	5 litres	10 litres

Method

1. Mix all of the dry spices together in a bowl
2. Sprinkle 1/4 of the spices over the diced chicken and marinade with some oil and return to the fridge
3. Begin making the sauce by frying the onions off until they are soft, add the garlic and continue to cook for a few minutes
4. Add the lentils and cook for a few more minutes before adding the spices
5. Add the chicken stock and cover with a lid, cook for about 10 minutes
6. Add the Tomato base sauce and simmer for about 10 minutes
7. Place the chicken in a deep roasting dish and roast in the oven on 180c for about 20 minutes
8. Pour the curry sauce over the cooked chicken and return to the oven for a further 20 minutes
9. Check the chicken is cooked thoroughly and taste the sauce to see if any more seasoning is necessary

Allergens Eggs, Milk, Mustard, Celery, Sulphites, Gluten