

Spicy Chicken Curry with Spinach Recipe (Indian Recipes)

Ingredients:

1.2 kg whole chicken
70 ml mustard oil or vegetable oil
2 dried red chilies
3 cloves
3 black cardamom pods
2.5 cm cassia bark or cinnamon stick
1 bay leaf
300 g onions, sliced
10 g ginger-garlic paste
1 teaspoon red chili powder
1 teaspoon ground coriander
1 teaspoon ground turmeric
250 g tomatoes, chopped
½ teaspoon salt, or to taste

Spinach:

30 ml mustard oil
1 dried red chili, finely crushed
1 teaspoon chopped garlic
½ teaspoon ground turmeric
½ teaspoon salt
500 g spinach leaves, trimmed and chopped

To serve:

1 teaspoon Bengali garam masala
2 teaspoons finely chopped root ginger

Method:

Joint the chicken into 8 pieces and remove the skin. Heat the oil in a deep sauté pan to smoking point, then remove from the heat and let cool slightly. Return to a medium heat, add the dried chilies, whole spices and bay leaf, and sauté until the spices crackle. Add the onions and fry until softened and light brown in color. Add the ginger-garlic paste and cook well for 2-3 minutes to lose the raw flavor. Add the chicken pieces and sauté to seal on all sides. Add the red chili powder, coriander and turmeric, and sauté for 1 minute. Stir in the chopped tomatoes, salt and 100 ml water. Bring to a simmer and cook gently for about 20 minutes until the chicken is done. Meanwhile, cook the spinach. Heat the oil in a separate pan and sauté the crushed red chili and chopped garlic for a few minutes until the garlic turns light brown. Stir in the turmeric and salt and sauté for 30 seconds. Add the spinach leaves and sauté until they have just wilted. Add the wilted spinach to the chicken curry and simmer for 3-5 minutes to allow the flavors to blend together. Remove from the heat and sprinkle with the garam masala and chopped ginger. Serve in bowls, accompanied by steamed rice.