



## Chicken 'Bafat' Curry

Pumpkin, tomato & butter

Hot, sweet sour dish from the West of India

This is a beautifully fragrant, hot, sweet, sour, salty dish! A really simple-to-do, thick-sauced meal. Perfect with Green Saffron's soft-tear Naan or vintage basmati rice. Healthy, nutritious and full of flavour, it's perfect for a cold winter evening's treat!

Serves 4 – 6 people

### Ingredients

1 tsp sunflower

oil 100g butter

500g onions, finely diced 10mm

8 cloves garlic, blitzed or finely

chopped

*35g Green Saffron Bafat spice blend*

400g chicken thigh, chunky dice

400g new season pumpkin or butternut squash peeled, cubed 30mm

400g best chopped tomatoes, blitzed to smooth pulp

50g jiggery or dark Muscavado sugar

200ml of warm water and a little more if  
needed 45ml cider vinegar

4g sea salt

### Garnish

Sourdough croutons, roughly 25mm torn, no crust and fried in butter & GS Korma

spice Greek Yoghurt, full fat, plain

Handful of coriander leaves for garnishing

### Method

1. Heat the oil and butter in a heavy bottomed pan, on a medium flame. Add your packet of *Green Saffron Hot Hot Hot* spice blend.
2. Immediately, add the onions stir for a minute or two then add the garlic and allow to sweat down and become soft, cooking gently for four or five minutes.
3. Add the chicken, cubes of pumpkin, the tomatoes, jaggery (or Muscavado), water, vinegar, salt, pop the lid onto your pan and allow it all to cook (covered) on a low heat for about 15 to 20 minutes, or until the chicken is cooked and the pumpkin lovely and soft to the bite. Add a little extra water if necessary to achieve a dropping / double cream consistency. Then remove from the heat and set aside.

### Assemble

Serve in wide mouthed bowls, scatter over a good handful of the curried croutons, large quenelle of Greek yoghurt, the coriander leaves and serve immediately with Green Saffron's Vintage Basmati rice, Naan breads .....simple!

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For handy hints and compliments contact us on:

T: +353 (0)21 463 7960, M: +353 (0)86 833 1030, E: [eatwell@greensaffron.com](mailto:eatwell@greensaffron.com), W: [www.greensaffron.com](http://www.greensaffron.com).

Unit 16 Nordic Enterprise, Knockgriffin, Midleton, Co Cork, Ireland