

Together We Can
Healthy Recipes Made Easy

Indian

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Tomato, squash and spinach curry

Ingredients

- 1 large onion, halved and sliced
- 1 tsp of olive oil
- 2 tbsp madras curry paste
- 1 small butternut squash, about 500g, cut into chunks
- 5 tomatoes, quartered
- 100g spinach, roughly chopped
- Brown rice, to serve

Method

- Cook the onion in 1 tsp/ spritz of oil for 5 minutes until softened.
- Add the curry paste and cook for 3 minutes. Add the squash, tomatoes and 200ml water, stir well.
- Cover and simmer for 15 minutes until the squash is just cooked and the tomatoes have broken down. Stir through the spinach and leave for a couple of minutes to wilt.
- Serve with basmati or brown rice and a homemade naan bread (see recipe)

Add chicken for your protein portion

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Indian butternut squash curry

High in fibre, counts as 5 of 5-a-day, low fat

Cooking: 40 mins

Preparation: 10 mins

Serves 4

Ingredients

- 1 tbsp olive oil
- 1 butternut squash, diced
- 1 red onion, diced
- 2 tbsp mild curry paste
- 300ml ½ pt vegetable stock
- 4 large tomatoes, roughly chopped
- 400g can chickpeas, rinsed and drained
- 3 tbsp fat- free greek yogurt
- small handful coriander, chopped

Raita

- ½ cucumber, finely diced
- 3 tbsp chopped fresh mint
- 150 ml / 5 fl oz low-fat natural yogurt

Method

1. Cook the rice in the boiling salted water, as per pack instructions. Meanwhile, heat the oil in a large frying pan and cook the butternut squash for 2-3 mins until lightly browned. Add the onion and the curry paste and fry for 3-4 mins more.
2. Pour over the stock, then cover and simmer for 15-20 mins, or until the squash is tender. Add the tomatoes and chickpeas, then gently cook for 3-4 mins, until the tomatoes slightly soften.
3. Take off the heat and stir through the yogurt and coriander. Serve with the rice and wholemeal chapattis.

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Low Fat Chicken Tikka Masala with Fragrant Rice

What is generally considered to be the most popular of curries is also the most calorific. By simply removing the ghee (clarified butter) and swapping the cream for coconut milk, we get a lighter, tastier version. This dish requires a little forethought because you need to marinate the meat, but it's worth it for the result.

Serves 2

ready in 55 minutes (plus 12-24 hour for marinade)

Ingredients

The Marinade

- 1 tablespoon tikka masala Curry paste
- 150g 0% fat Greek yoghurt
- 2 chicken breasts cut into 5-6 large chunks

The Sauce

- 1 rounded tablespoon tikka masala curry paste
- 1 onion finely chopped
- 200g passata/ chopped tomatoes
- 200ml tin reduced fat or light coconut milk
- 1 tablespoon 0% fat Greek yoghurt
- A handful of coriander, chopped (optional)

The fragrant rice

100g basmati rice (wholegrain)

- 2tsp pilau seasoning

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Method

- To make the marinade, mix the curry paste, yoghurt and chicken together, cover and leave overnight in the fridge to absorb all the delicious flavours.
- Preheat a conventional oven to 220°C or a fan-assisted one to 200°C
- Wipe the marinade off the chicken and place, piece by piece, onto a baking tray. Bake for 10 minutes or until slightly charred, but not cooked through
- You are just trying to get some colour here because the chicken will finish cooking in the curry sauce. Set the tikka chicken aside while you make the sauce
- Heat the curry paste in a saucepan. Add the onion and cook slowly over a low heat for five to eight minutes or until the onion is translucent and soft.
- It is important to take the time to do this slowly because the onion will then release its natural sugars, producing a sweeter dish, but be careful not to do this over too high a heat because the curry paste will burn
- Add the passata/ chopped tomatoes and coconut milk and bring to the boil. Turn down the heat and add the tikka chicken
- Cook over a low heat for five minutes or until the chicken is cooked through. Finish by stirring through the yoghurt and coriander.
- To make the fragrant rice, add the rice and the seasoning to a pan and cover with enough water to come 1cm over the top of the rice.
- Bring to the boil and simmer for eight minutes, covered
- The rice should have absorbed almost all of the water, but still be a bit wet
- Remove from the heat and leave to absorb the remaining water for 10 minutes, covered. Serve with the curry.

Quick Chicken Curry

Ingredients (serves 4)

4 Mushrooms sliced
1 Pepper sliced
1 courgette
1 Onion finely chopped
2 garlic cloves finely chopped
1 tsp Olive oil
3 chicken breasts
3 tbsp curry paste
1 tsp cinnamon
1½ pints low salt chicken stock
1 tin chopped tomatoes

Method

1. Heat the olive oil in a non-stick pan and gently fry the chicken garlic and onion for 4 – 5 minutes, to colour.
2. Stir in the curry paste, cinnamon and heat for a few minutes, to allow the flavours to develop.
3. Pour in the stock, bring to the boil then reduce the heat and simmer gently for 5 – 6 minutes, to reduce, add mushroom, courgette and peppers and then simmer for 20 minutes.

Transfer to a serving plate and serve with brown rice

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Quick Lamb Curry

Ingredients (serves 4)

4 Mushrooms sliced
1 Pepper sliced
1 Onion finely chopped
2 tbsp Olive oil
12 oz diced lean lamb
3 tbsp curry paste
1 tsp cinnamon
1½ pints beef stock
1 tin chopped tomatoes

Method

1. Heat the olive oil in a non-stick pan and gently fry the lamb and onion for 4 – 5 minutes, to colour.
2. Stir in the curry powder, cinnamon and heat for a few minutes, to allow the flavours to develop.
3. Pour in the beef stock, bring to the boil then reduce the heat and simmer gently for 5 – 6 minutes, to reduce, add mushroom and peppers and then simmer for 20 minutes.

Transfer the lamb to a serving plate and serve at once.

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Rogan Josh

This is one of the best-known curries. Rogan Josh means “red curry”, and is so-called because of the red chillies in the recipe.

Cooking: 1 ¾ hours

Preparation: 10mins

Serves 6

Ingredients

- 2 tbsp ghee
- 1 kg / 2 lb 4 oz lean braising steak, cut into 2.5 cm / 1 inch cubes
- 1 onion, chopped finely
- 3 garlic cloves
- 2.5 cm / 1 inch piece ginger root, grated
- 4 fresh red chillies, chopped
- 4 green cardamom pods
- 4 cloves
- 2 tsp coriander seeds
- 2 tsp cumin seeds
- 1 tsp paprika
- 1 tsp salt
- 1 bay leaf
- 125 ml / 4 fl oz / ¼ cup low-fat yogurt
- 2.5 cm / 1 inch piece cinnamon stick
- 150 ml ¼ pint hot water
- ¼ tsp garam masala
- pepper

Method

1. Heat the ghee in a large flameproof casserole and brown the meat in batches. Remove the meat from the casserole and set aside in a bowl.
2. Add the chopped onion to the ghee and stir over a high heat for 3 – 4 minutes.
3. Grind together the garlic, ginger, chillies, cardamom, cloves, coriander, cumin, paprika and salt. Add the spice paste and bay leaf to the casserole and stir until fragrant.
4. Return the meat and any juices in the bowl to the casserole and simmer for 2 – 3 minutes. Gradually stir the yogurt into the casserole keeping the sauce simmering.
5. Stir in the cinnamon stick and hot water, and pepper to taste.
6. Cover the casserole and cook in a preheated oven, 180°C / 350°F / Gas Mark 4, for 1¼ hours until the meat is very tender and the sauce is slightly reduced. Discard the cinnamon stick and stir in the garam masala. Remove surplus oil from the surface of the casserole before serving.

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Spicy Chicken Kebabs

Ingredients (serves 4)

Preparation time : 15 minutes

Cooking time : 15 minutes

- 500g chicken mince
- 10g fresh parsley, finely chopped
- 1 onion, peeled and very finely chopped
- 2 tbsp balti curry paste
- 1-2 cloves garlic, peeled and finely chopped (optional)
- salt and black pepper to taste

Method

1. Preheat the oven to 190°C/375°F/gas mark 5
2. Place the chicken mince in a food processor with the parsley, onion, garlic and curry paste
3. Process together and then add the seasoning. Alternatively, place the ingredients in a bowl and mix well together. Shape into 16 balls and thread onto 4 metal or wooden skewers and lay on anon stick baking tray. Cook in the oven for 15 minutes. Serve with a tomato sauce.

These kebabs can also be grilled on the barbecue and turkey mince can be used as an alternative to chicken mince.

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Sweet and Sour Chicken

Ingredients (serves 4)

1 red onion	finely chopped
1 carrots	peeled & finely sliced
1 red pepper	sliced
1 x 200g can	pineapple chunks in juice
450g (1lb)	diced chicken
25ml (1fl oz)	vegetable oil
300ml (10fl oz)	water
25g (2 oz)	caster sugar
25ml (4fl oz)	soy sauce
40ml (4fl oz)	vinegar
115g (8oz)	tomato puree
1 teaspoon	mustard powder
1 tin	chopped tomatoes

Method

1. Peel and slice the onions and the carrots finely, and seed and slice the pepper. Drain the pineapple, reserving the juice.
2. Fry the chicken in the oil in batches until brown, then remove from the pan. Fry the onion, carrot and pepper until softened. Return the chicken to the pan, and add the pineapple juice and the water, along with the sugar, soy sauce, vinegar, tomato puree and mustard. Simmer for approximately 10 minutes, or until the chicken is tender.

Add the pineapple pieces & tinned tomatoes. Stir over the heat until the sauce thickens and the pineapple is warm

Serving suggestion

Serve with warm boiled rice or braised rice with vegetables.

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Tamarind Beef Balti

Tamarind has been used in Asian cooking for centuries and gives a sour fruity flavour to the sauce.

Cooking: 35 mins

Preparation: 12 hours

Serves 4

Ingredients

- 125 g / 4 ½ oz tamarind block, broken into pieces.
- 150 ml / ¼ pint water
- 2 tbsp tomato puree (paste)
- 1 tbsp granulated sugar
- 2.5 cm / 1 inch piece ginger root, chopped
- 1 garlic clove, chopped
- ½ tsp salt
- 1 onion, chopped
- 2 tbsp oil
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 1 tsp brown mustard seeds
- 4 curry leaves
- 750 g / 1 lb 10 oz lean braising steak, cut into 2.5 cm / 1 inch cubes and par-cooked
- 1 red (bell) pepper, cut in half, sliced
- 2 fresh green chillies, deseeded and sliced
- 1 tsp garam masala
- 1 tbsp chopped fresh coriander (cilantro), to garnish

Method

1. Soak the tamarind overnight in the water. Strain the soaked tamarind, keeping the liquid.
2. Put the tamarind, tomato puree (paste), sugar, ginger, garlic, salt and onion into a food processor or blender and mix to a smooth puree. Alternatively, mash the ingredients together in a bowl.
3. Heat the oil in a Balti pan or wok, add the cumin, coriander seeds, mustard seeds and curry leaves, and cook until the spices start popping.
4. Stir the beef into the spices and stir-fry for 2 – 4 minutes until the meat is browned.
5. Add the red (bell) pepper, chillies, garam masala, tamarind mixture and reserved tamarind liquid and cook for 20 – 25 minutes.
6. Serve the beef balti garnished with fresh coriander (cilantro).

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