

Black Pepper Chicken with Raita

Presenting an absolutely delicious Black Pepper Chicken Curry accompanied by refreshing Mint Raita. This culinary delight brings together the bold flavors of black pepper and tender chicken, perfectly complemented by the cool freshness of mint in the raita.

Serves 4 people.

Ingredients

oil of choice

8 chicken thighs on the bone

ground black pepper

6 red onions, thinly sliced

1 tsp coriander seeds

1 tsp fennel seeds

1 tbsp coarsely ground black pepper

$\frac{1}{2}$ tsp turmeric powder

$\frac{1}{2}$ tsp garam masala

$\frac{1}{2}$ tsp salt

$\frac{1}{2}$ tsp chilli powder

For the Marinade

$\frac{1}{2}$ tsp salt

$\frac{1}{2}$ tsp turmeric powder

$\frac{1}{2}$ tsp chilli powder

$\frac{1}{2}$ tsp black pepper

juice of $\frac{1}{2}$ lemon

2 garlic cloves, grated

1cm fresh ginger, grated

250ml coconut milk

handful fresh coriander leaves, to garnish

For the Raita

200ml natural yoghurt

$\frac{1}{4}$ tsp salt

$\frac{1}{4}$ tsp ground white pepper

handful fresh mint leaves, finely chopped

Method

– Place the chicken and all the ingredients for the marinade in a large bowl. Massage the spices into the chicken, cover, and let it marinate for 20 minutes.

– Add the coriander seeds, fennel seeds, and coarsely ground black pepper to a hot pan. Dry roast until fragrant. Transfer to a pestle and mortar and grind to a coarse powder.

– Add 2 tbsp oil to the same hot pan. Add the onions and cook on low-medium heat until golden.

– Add the garlic and ginger. Cook for 2 minutes.

– Add the chicken and cook for 5 minutes.

– Add the dry roasted spices along with the salt, turmeric powder, chilli powder, and garam masala. Mix well.

– Add the coconut milk and mix well. Cover and cook for 25-30 minutes on low-medium heat.

– Place all the ingredients for the raita in a small bowl. Mix well.

Serve the chicken with piping hot basmati rice and raita, and garnish with fresh coriander leaves.