



KUMAR'S

酷玛印度风味Butter Chicken鸡配辣椒和圣女果

BUTTER CHICKEN WITH MIXED PEPPERS AND TOMATOES



原材料

- 1公斤鸡腿肉切小块
- 250克Butter Chicken调味酱
- 50克油
- 150毫升高汤
- 100毫升椰奶
- 20克新鲜绿辣椒切粒
- 100克红辣椒切丝
- 100克圣女果对半切开
- 15克香菜末

烹饪方法

- 将调味酱、鸡汤和油混合，加入鸡肉均匀，腌制1-2个小时。再加入红彩椒丝和圣女果，混合均匀，放入预热过的烤箱，以180摄氏度烤大约15分钟。

其他方法：

- 放油入锅，大火煸炒鸡肉，加入除香菜末的其余配料，继续烹饪15分钟直至鸡肉熟透，酱汁呈粘稠状。
- 装盘时用香菜末装饰。



INGREDIENTS

- 1kg chicken thigh cut into small pieces
- 250g butter chicken paste
- 50g oil
- 150ml chicken stock
- 100ml coconut milk
- 20g chopped fresh green chilli
- 100g diced mixed peppers
- 100g halved cherry tomatoes
- 15g chopped coriander

PREPARATION

- Mix together the butter chicken paste with the chicken stock and oil.
- Add the butter chicken mixture to the chicken,
- Marinate for 1-2 hours.
- Add the chicken mixture to the mixed peppers and tomatoes,
- Cook in the oven at 180°C for about 15 minutes.

Alternatively:

- Stir fry the chicken in the oil, add the remaining ingredients and cook for a further 15 minutes until the chicken is cooked through and the sauce is the correct consistency.
- Garnish with the chopped coriander.