



This was supposed to be a medium Chicken, but I came across two Poussin adorned with yellow stickers. We really like them when we can get hold of them as there's considerably more meat to cavity ratio. Also they are really tender and take on flavours well.

Ingredients for the Tikka Mix:-

- 1 Tbsp of Olive Oil
- 3 Cloved of Garlic, minced
- 1 Tsp of fresh grated Ginger
- 1 Tbsp of Garam Masala
- Juice of ½ Lime
- 2 Tsp of Chilli Powder
- 2 Tsp of Ground Cumin
- 1 Tsp of Paprika
- 1 Tbp of dried Coriander
- 1 Tsp of Salt
- 1 Tsp of Turmeric
- ½ Tsp of Fenugreek
- ¼ Tsp of Cayenne Pepper
- ¼ Tsp of Black Pepper
- 1 Red Pepper, chopped

Main Ingredients:-

- 2 Poussin

2 Tbsp Tikka Mix
2 Tbsp of Yogurt
1 Onion, quartered
3 Cloves of Garlic, minced
A thumb nail sized bit of fresh Ginger, grated
2 Tbsp of Olive Oil
1 Tsp of Cumin
1 Tsp of Ground Coriander
1 Tin of chopped Tomatoes
300ml of Chicken Stock
200g of Potatoes, chopped
1 pack of Kalettes
100g of Spinach Leaves
Salt & Pepper to season

Method:-

- (1) Mix the dry curry paste ingredients with the yogurt and rub all over the Chicken.
- (2) Set aside in the fridge for 30 minutes or overnight.
- (3) Blitz the Onion, Garlic and Ginger in a food processor to a chunky paste.
- (4) Heat the Oil in a Dutch Oven or heavy based oven proof pan.
- (5) Gently fry the paste for 5 minutes.
- (6) Stir in the Cumin and Ground Coriander and cook for a further minute.
- (7) Pour over the Stock and Tomatoes.
- (8) Season with Salt & Pepper.
- (9) Add the Potatoes, then out the Chicken on top.
- (10) Roast uncovered for 20 minutes in a pre-heated oven at 200c.
- (11) reduce the heat to 160c and baste the Chicken with the sauce.
- (12) Cover and cook for 1 hour 20 minutes, or until the Chicken is cooked through.
- (13) Transfer the Chicken to a plate and cover with foil.
- (14) Add the greens to the sauce and simmer for 5 minutes.
- (15) Add the Spinach and cook for a further 2 minutes.
- (16) Return the Chicken to the pot and garnish with fresh Coriander leaves.

(17) Serve and enjoy.