

SERVES 4

15 MINUTES PREPARATION

45 MINUTES COOKING

HOT MAURITIAN



MAURITIAN CURRY

For the paste

- 5cm of fresh ginger, roughly chopped
- 7 garlic cloves, chopped
- heaped tbsp of Hot Mauritian Curry Powder
- 3 tbsp cider vinegar

For the curry

- 6 tbsp vegetable or coconut oil
- 2 onions
- 1 large aubergine (or 2 if making the vegetarian version)
- 500g boneless chicken, cut into bite sized pieces
- 6 medium tomatoes, roughly chopped
- 1 tsp turmeric, 1 tsp paprika
- Juice of half a lemon
- Small handful of coriander, chopped
- Salt & pepper

HOT MAURITIAN METHOD

- Put the chopped garlic and ginger into a blender with the vinegar & the Hot Mauritian Curry Powder & blitz to a paste.
- Halve the aubergine lengthways, halve again lengthways and cut into 2cm pieces. Place in a colander over a bowl, sprinkle with a teaspoon of salt and allow to drain for half an hour.
- Peel and finely chop the onions.
- Heat a deep wide frying pan over a medium heat and add half the oil. Once the oil is hot, add the aubergine and fry for 5-8 minutes until golden. If you are making the vegan version you might want to fry the aubergine in 2 batches. Remove the aubergine with a slotted spoon and put in a bowl to one side.
- Next fry the chicken (if using); you might need to add a little more oil. Brown the chicken on all sides, remove with a slotted spoon and put in a bowl to one side.
- Add the remaining oil to the pan, once hot add the onions and cook, stirring regularly, until they have begun to turn a golden brown.
- Add the paste to the pan and stir well, cook for 2-3 minutes.
- Add the chopped tomatoes and cook gently until they start to soften.
- Return the chicken and/or aubergine to the pan, add 150ml of water, stir, lower the heat and cook covered for 15 minutes, until the chicken is cooked through.
- Add the turmeric, paprika, lime juice and coriander before serving and season with salt & pepper to taste.