

## Chicken in sweet pepper sauce

This is a mild dish unless you ramp up the cayenne and the paste could be used with fish or vegetables. Here I have used chicken. The peppers could be fresh or from a jar so it is potentially a good store-cupboard supper.

Serves 4

8 chicken thighs or drumsticks

### For the paste -

2 onions, coarsely chopped

A thumb sized piece of ginger

3 cloves garlic, peeled

A handful of almonds or peanuts

2 sweet peppers, trimmed and deseeded

1 tbsp ground cumin

2 tsp ground coriander

½ tsp turmeric

¼ tsp cayenne

1 tsp salt

### Then add

7 tbsp vegetable oil

200ml water

Juice of a lemon

Black pepper

Put all the paste ingredients into a blender or food processor and blend.

Heat the oil in a pan and add the curry paste. Cook over a medium heat until the oil has separated (about 10 minutes).

Add the chicken pieces with the water, lemon juice and pepper. Stir to coat then bring to simmering point and cook with the lid on for half an hour or until really tender. If using fish steaks or vegetables, the cooking time will be more like 20 minutes.