



FRY'S VEGETARIAN "butter chicken style" bunny chow

Department: hot kitchen

INGREDIENTS

1 tablespoon sunflower oil
2 onions, finely chopped
2 tablespoons butter
2 teaspoons FRESH lemon juice and zest
4 cloves garlic
5cm fresh ginger, peeled and grated
1 teaspoon garam masala
1 teaspoon chilli powder
1 teaspoon ground cumin
1 bay leaf
1/4 cup plain yogurt
1 cup cream (may use soya)
1 cup tomato puree
1/4 teaspoon cayenne pepper, or to taste
10ml salt
2.5ml black pepper
Fresh coriander

1 tablespoon sunflower oil
1 box FRY's VEGETARIAN chicken style strips
1 teaspoon garam masala
1 pinch cayenne pepper
1 tablespoon cornstarch
1/4 cup water

METHOD

Heat 1 tablespoon oil in a large saucepan over medium high heat.

Saute onion until soft and translucent. Stir in butter, ginger and garlic , 1 tsp garam masala, chili powder, cumin and bay leaf.

Cook, stirring, for 1 minute. Add tomato, and cook for 2 minutes, stirring frequently add the curry leaves, lemon juice and zest. Cook for 3 – 4 minutes.

Stir in cream and yogurt. Add chopped coriander to taste.

Reduce heat to low, and simmer for 10 minutes, stirring frequently. Season with salt pepper. Thicken with a corn starch slurry if required. Remove from heat and set aside.

Heat 1 tablespoon oil in a large heavy skillet over medium heat. Fry the chicken style strips until lightly browned.

Reduce heat, and season with 1 teaspoon garam masala and cayenne. Stir in a few spoonfuls of sauce, and simmer until liquid has reduced,

Place the strips into the curry sauce.



Serve in hollowed out bread rolls