

This is the chicken dish I cooked live online for my weekly cooking demo 'Norman & Friends' I organised by inviting my friends based in Europe and in the culinary industry to cook online with me every Thursday. You can watch the recorded demo for this particular dish on my YouTube channel – ChefNormanMusa by clicking this [LINK](#).



The dish is actually simple to prepare and don't be put off by the number of ingredients required as they are all easily sourced. My suggestion is to cook it in a big batch by doubling the portion so that you have extra to freeze to have in the future.

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Chicken in Coriander Sauce

Ingredients

500g boneless chicken thighs, cut into medium chunks
½ teaspoon ground turmeric
2 teaspoons fish sauce
40g fresh coriander, finely chopped, plus extra for garnishing
3 tablespoons vegetable oil
½ medium onion, thinly sliced
1 cinnamon stick
½ lime, for the juice
½ teaspoon Himalayan salt or fine sea salt
3 medium tomatoes, cut into 4

For the paste

½ medium onion
3 cloves of garlic
2.5cm fresh ginger

For the ground mixed spices

2 tablespoons ground coriander
1 teaspoon ground cumin
½ teaspoon ground turmeric

Method

1. Marinate chicken pieces with turmeric, fish sauce and 2 teaspoons of fresh coriander. Set aside.

2. Blitz the paste ingredients until fine smooth.

3. In a small bowl, mix well the ground spices with 100ml of water.

4. Heat up the oil in a saucepan over a medium heat and fry the onion for 3-5 minutes or until golden brown and looking caramelised. Scoop out to a plate and dap with kitchen paper.

5. Using the remaining oil in the saucepan, lower the heat to low and add the cinnamon. Wait until the oil is hot and stir in the paste mixture. Cook for 2-3 minutes until fragrant and add the chicken. Cook for 1 minute and stir in the ground mixed spices. Cook for 3-5 minutes until chicken pieces are sealed, then squeeze the lime for the juice, salt and add 200ml of water. Cook for 5 minutes on full heat or until the chicken is fully cooked.

4. Stir in the remaining coriander and tomatoes. Cook for 2 minutes until tomatoes wilted and turn off the heat. Transfer to a serving bowl and garnish with coriander and caramelised onion. Serve with rice, noodles or breads.