



# RTE IRISH YOGURT CLONAKILTY CHICKEN KORMA, YOGHURT FLATBREADS AND RIATA



By Irish Yogurts Clonakilty

Irish Yogurt Clonakilty Chicken Korma

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Method

- Heat the oil in a large frying pan over a gentle heat , add the onion and fry gently for 5-10 minutes until soft and sweet.
- Add the garlic, ginger and Tandoori paste and cook for a further minute or so.
- Add the chicken to the pan and stir gently until the chicken is coated with the spicy onions, squeeze half a lemon over the chicken and gradually add the yogurt.
- Stir in 200ml of water and simmer for 30 minutes until the chicken is cooked.
- Season to taste

## **Serve with Irish yogurt flatbreads**

- Sieve flour and baking powder into a mixing bowl, add natural yogurt and a spoon of oil and mix until a dough is formed.
- Flour the worktop.
- Divide the dough into four, Roll out 2/3mm thick
- Heat a frying pan on medium heat.
- Once the pan is hot, add a flatbread and cook each side for 20-30 seconds, until cooked through and covered in brown spots. Repeat with the remaining flatbread.

## **Irish yogurt Riata**

- Combine all ingredients together and let stand for 20 minutes to let the flavours develop



## Ingredients

### **Serves 4 People**

- 3 Tablespoons of Sunflower oil
- 3 onions, peeled and diced
- 2 garlic cloves peeled and finely chopped
- A knob of ginger grated
- 2 tablespoons of Tandoori paste
- 4 Chicken breast fillets, each one cut in 3
- A squeeze of lemon juice
- 500ml [Irish Yogurts Clonakilty Low Fat Natural Live Yogurt](#)
- Season with a dessert spoon of chutney , salt and pepper or a dish of lemon juice depending on your taste.

### **Irish yogurt flatbreads**

- 250g self raising flour (plus more for dusting)
- Level teaspoon of baking powder
- 2 Tbsp sunflower oil

### **Irish yogurt Riata**

- ½ cucumber, peeled and de seeded and finely sliced
- 1 garlic clove
- 2 Teaspoons of mint sauce
- 250ml [Irish Yogurts Clonakilty Low Fat Natural Live Yogurt](#)

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