

Chicken Dhansak Recipe

Spice:	Difficulty:	Total:	Prep:	Cook:
Medium	Serves Moderate	25	mins	25
	1-2	mins		mins

A sweet and sour curry with lentils that give a distinctive texture and flavour to this dish. Pineapples are usually added for a fresh and fruity twist but can be left out if you're not keen on them.

Ingredients

3 tablespoons (45ml) **vegetable oil**

1 teaspoon (10g) **garlic paste**

3 tablespoons (45g) **BIR tomato paste**

½ teaspoon (1g) **hot chilli powder**

½ teaspoon (4g) **salt**

½ teaspoon (1g) **kasoori methi**

1 tablespoon (10g) **sugar**

1 tablespoon (15ml) **lemon juice**

170g **precooked tarka dal** (cooked to a very thick consistency)

150g **precooked chicken**

60g **pineapple chunks** with a tablespoon of the syrup

400g **BIR base gravy** (200g gravy diluted with 200ml water & heated)

handful of chopped **fresh coriander**

Instructions

- 1 Heat a frying pan on a medium high heat and add the vegetable oil.
- 2 Stir in the garlic paste and BIR tomato paste for around 10 seconds.
- 3 Add the BIR mix powder, hot chilli powder, salt and kasoori methi and stir for another 10 seconds.
- 4 Stir in the sugar and lemon juice for 30 seconds.
- 5 Add the pre-cooked tarka dal with 3 tablespoons of base gravy and mix.
- 6 Add the pre-cooked chicken and stir for around 1 minute coating all the chicken pieces with the sauce.
- 7 Pour in half of the base gravy (200g) and cook on a high heat for 2 minutes. Stir occasionally, scraping any dried sauce on the sides back into the pan.
- 8 Add the remaining gravy (200g) and cook on a high heat until the sauce boils rapidly.
- 9 Add the pineapple chunks and stir.
- 10 Turn down to a low heat and simmer for another 5 to 10 minutes stirring occasionally until the sauce thickens.
- 11 Add the coriander and stir through.

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