

Murgh Chat (Chicken)

Serves 3 as a starter

Indian restaurants often have 2 chats on their menu – [aloo \(potato\) chat](#) and this one, murgh (chicken) chat.

Chicken chat makes an excellent starter. It is fresh, light and simple to make. The slices of courgette add colour and a little crunch to the chat. If you thought that courgettes always end up soft and mushy then try this recipe to prove yourself wrong!

Some restaurants serve their chats hot, others serve them cold. How you serve yours is up to you but I prefer mine on the warm side. Serve with salad leaves for a light starter or on puri bread for something more substantial.

ingredients

350g chicken breast
1 medium sized courgette
1 × 5ml spoon *plus* 1 × 15ml spoon groundnut oil
1 × 2.5ml spoon crushed garlic
1 × 2.5ml spoon ground cumin
1 × 2.5ml spoon turmeric
2 × 5ml spoons lemon juice
1 × 5ml spoon sugar
1½ × 5ml spoons [chat masala](#) + (optional) a few pinches as a garnish
2 spring onions – thinly sliced
2 × 5ml spoons finely chopped fresh coriander leaves and thin stalks

special equipment

large karahi or wok

method

1. Take the chicken breasts and slice crosswise into 4mm–5mm slices.
2. Top and tail the courgette and slice it in half lengthwise. Take a small metal spoon and scoop out the pith and seeds from the courgette halves (all the paler coloured material in the middle). Slice each half across into 3mm slices. You will now have lots of half-moon shaped slices.
3. Heat 5ml of the oil in a large karahi or wok over a medium/high heat.
4. Slide the courgette slices in to the wok and stir fry for 2 minutes or until the brown speckles appear on the flesh. Remove the courgette slices from the pan with a slotted spoon draining off as much oil as possible back into the pan.
5. Turn the heat down to medium and add the other 15ml of oil.

6. Put the chicken slices into the wok and carefully stir fry until the flesh has turned white. Add the crushed garlic and stir fry for 30 seconds. Add the ground cumin and turmeric and stir fry for another 30 seconds.
7. Add the lemon juice and sugar. Turn the heat down to medium/low and heat until the chicken is cooked through (about 15 minutes).
8. If the mixture gets too dry you can add a little water but remember that there should be no liquid left at the end of the cooking and that the chicken will drop moisture as it cooks.
9. Add the fried courgettes and chat masala and stir to coat the chicken in the chat masala. Warm through the courgettes if serving the chat hot.
10. Serve warm or cold with salad leaves. Garnish each portion with sliced spring onions and chopped coriander. If you like you can sprinkle a pinch or 2 of chat masala over the cooked chicken to add extra spiciness.



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