

CHICKEN PINEAPPLE & MUSHROOM BALTI

BIR Style

Sweet pineapple, earthy mushrooms and tender chicken in a rich, spicy balti sauce. A little experiment that turned out... bloody lovely!



SERVES
2



PREP TIME
10 mins



COOK TIME
25–30 mins



HEAT LEVEL
MEDIUM

INGREDIENTS

Main Ingredients

- 2 tbsp vegetable oil or ghee
- 1 large onion, roughly chopped
- 1 tbsp ginger garlic paste
- 400g chicken breast, cut into bite-sized cubes
- 8–10 whole button mushrooms
- 3 pineapple rings, chopped into chunks
- 2 tbsp pineapple juice (optional)
- 2 ladles BIR curry base gravy (approx. 300–350ml)
- Salt to taste

Spices

- 2 tsp balti spice mix
- 1 tsp ground cumin
- 1 tsp ground coriander
- Pinch of ground cardamom
- 2 tbsp tomato puree (1 small tub)
- ½ tsp garam masala (to finish)
- Fresh coriander leaves, chopped (to garnish)

METHOD

1 BHUNA THE ONIONS

Heat oil in a balti pan over medium-high heat. Add the chopped onion and cook using the bhuna method until soft and slightly golden.

2 ADD GARLIC, GINGER & SPICES

Add the ginger garlic paste and fry for 30 seconds. Add the balti spice mix, cumin, coriander and cardamom. Stir well and cook the spices into the onions, adding a splash of curry base if needed.

3 ADD THE TOMATO PUREE

Stir in the tomato puree and cook until it darkens slightly and blends with the spices.

4 SEAL THE CHICKEN

Add the raw chicken pieces and stir well, coating in the spice mixture. Cook until the outside of the chicken is sealed.

5 BUILD THE BALTI SAUCE

Add the curry base gravy, one ladle at a time. Allow the first ladle to reduce slightly before adding the second. Add the mushrooms and simmer until the chicken is cooked through and the sauce thickens.

6 ADD THE PINEAPPLE

Add the chopped pineapple and a little pineapple juice. Cook for a few minutes so the flavours combine but the pineapple keeps its texture.

7 FINAL SEASONING

Season with salt to taste. Finish with garam masala and fresh coriander leaves. Stir through and serve hot.



STEVIE'S CURRY MAGIC TIP

Add the pineapple towards the end so it keeps its texture and gives little bursts of sweetness against the spicy sauce.

SERVING SUGGESTIONS

Serve with basmati rice, pilau rice, naan bread or chapatis. A squeeze of lemon and a little extra coriander take it to the next level!

