

# Chicken Sag

(the renowned favourite of well known Panjabber, Michael Jarvis)Ingredients

One 3 lb. chicken cut into pieces  
1 lb fresh spinach  
2 medium onions sliced thinly  
5 tablespoons cooking oil, or 200 g (7 oz) butter  
2 large bay leaves  
4 seeds cardamom (black or green) 4 cloves  
1 teaspoon cinnamon powder  
½ cup water  
4 cloves garlic chopped finely  
ginger about the same amount as the garlic finely chopped  
1 teaspoon chilli powder  
1 teaspoon cumin powder  
2 teaspoons coriander powder  
1½ teaspoons turmeric  
2 teaspoons sweet paprika  
salt to taste

## Method

Heat the oil or butter in a saucepan and fry the onions, bay leaves, cardamom, cinnamon and cloves for 2/3mins. until golden brown. Now add the garlic, ginger and fry one minute more before adding the water, and stirring in the chilli, cumin, coriander, paprika and turmeric. Then add the chicken pieces and fry for a further 2/3 minutes.