



Korma Cyw Iâr a Banana

Cynhwysion

1 llwy de o olew llysiau
250g o frest cyw iâr
1/2 nionyn mawr
1/2 afal
1 ewin garlleg
1 llwy fwrdd o bast cyri korma
200ml o stoc cyw iâr neu llysiau (stoc sy'n isel mewn halen)
10g syltanas
10g bricyll (apricots) sych
75g reis brown
1 llwy fwrdd o flawd corn
1/2 banana wedi'i sleisio
2 llwy fwrdd o iogwrt plaen braster isel
1 llwy fwrdd o goriander ffres
Pinsiad o bupur du

Cynllun 1400
1 x 80g o Lysiau

Dull

1. Cynheswch yr olew mewn padell fawr. Ychwanegwch y cyw iâr, nionyn, yr afal a'r garlleg a choginiwch y cyfan am ychydig o funudau. Ychwanegwch y past cyri a'i goginio am ychydig eiliadau gan ei droi'n aml.
2. Ychwanegwch y stoc, y syltanas a'r bricyll. Dewch a'r gymysgedd i'r berw cyn troi'r gwres i lawr a'i adael i fudferwi am ryw 35 munud. Ychwanegwch fwy o stoc neu ddŵr os oes angen.
3. Coginiwch y reis brown am 30-35 munud.
4. Cyn gweini'r cyfan, cymysgwch y blawd corn gyda 1 llwy fwrdd o ddŵr oer a'i ychwanegu i'r cyri. Rhowch y banana sydd wedi'i sleisio i mewn yn y cyri a'i goginio am ychydig funudau.
5. I'w weini gyda reis a rhoi llwy fwrdd o iogwrt a'r coriander ffres ar ben y cyri.

Chicken and Banana Korma

Ingredients

1 tsp vegetable oil
250g skinless, boneless uncooked chicken breasts, chopped
1/2 large onion, chopped
1/2 apple, cored and chopped
1 clove of garlic, crushed
1 tbsp korma curry paste
200ml reduced-salt vegetable or chicken stock
10g sultanas or raisins
10g chopped ready-to-eat apricots
75g easy-cook long grain brown rice
1 tbsp cornflour
1/2 banana, sliced
2 tbsp low-fat, lower-sugar plain yoghurt
1 tbsp fresh coriander, chopped (to garnish)
Pinch ground black pepper

1400 Plan

1 x 80g Veg

Method

1. Heat the vegetable oil in a large saucepan. Add the chicken, onion, apple and garlic, and cook for 2-3 minutes, stirring often. Add the curry paste and cook for a few seconds, stirring.
2. Add the stock, raisins or sultanas and apricots. Bring to the boil, then reduce the heat and simmer, partially covered, for 35 minutes. Add a little more stock or water, if necessary.
3. Brown rice takes 30-35 minutes to cook, so put it in plenty of simmering water.
4. Just before serving, blend the cornflour with 1 tbsp cold water and add to the curry, stirring until thickened. Slice in the banana, cooking gently for another few moments. Check the seasoning, adding pepper, if needed.
5. Serve, topping each portion with 1 tbsp yoghurt and accompanied with the rice. Garnish with coriander, if using.