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Preheat your oven to 220° C/fan 200° C/gas 7. Put the roughly chopped onion, ginger, garlic, spices, chopped tomatoes, tomato purée, stock cube and 400ml boiling water in a large saucepan over a high heat. Bring to a simmer then reduce the heat to low, cover and cook gently for 25 minutes.

~~Healthy curry recipe | Slimming World Chicken balti~~

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