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Blend the onion, ginger and chilli with a splash of water in a small blender. Tip into a pan, and bring to a simmer. Add the spices with a pinch of salt, cook for a minute, then add the peppers, chicken and cauliflower, stir into the curry paste and cook for another 5 minutes.

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Cut the chicken breasts into chunks and add to the pan. Mix well to coat with the onion/curry mixture. Sweat out to colour the chicken, so that it turns almost white all over 10-12 minutes. Take a look at the pan, the chicken should be fat-free. If there is more liquid in the pan now than there was water added to the chicken.

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Add chicken and cook for 10 to 15 minutes on a medium heat, then add the yoghurt, stirring slowly. Season with black pepper and simmer for a further 5 to 10 minutes. Meanwhile, cook the rice following the packet instructions and boil or steam the cauliflower until tender. Garnish the curry with ginger and coriander. Serve with rice and cauliflower.

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