

Chicken or Vegetable Curry

Ingredients:

4 spring onions

3 garlic cloves

2 tablespoon vegetable oil

Handful of coriander

400g tin chopped tomatoes

1 Courgette

1 Red Pepper

2 tablespoon curry powder

1 tsp ground ginger

400g boneless skinless chicken thigh or Breast cut
into 2.5cm/1in pieces

• Method – What to do...

1. Thinly slice the spring onions, reserving a handful of the sliced green parts for garnish.
2. Peel and chop the garlic.
3. Dice the courgette into medium sized chunks.
4. Remove the seeds from the pepper and cut into thin strips.
5. Heat the oil in a large saucepan over a medium heat and cook the spring onions and garlic for a few minutes.
6. Add the tomatoes, curry powder and ground ginger and cook for 3-4 minutes.
7. If the pan gets dry add a splash of water and make sure the spices don't burn.
8. Add the chicken/vegetables and cook for 5 minutes. Make sure all the chicken is coated and is beginning to brown on the sides.
9. Add 250ml/9fl oz water and bring to the boil.
10. Reduce to a medium to low heat and cook for 10-15 minutes, or until the chicken/vegetables is cooked through with no sign of pink juices in the middle of the pieces.
11. Take the curry off the heat, stir in the yoghurt then season with salt and pepper.
12. Sprinkle the chopped coriander on the top.
13. Serve the curry with the rice and garnish with a drizzle of yoghurt

