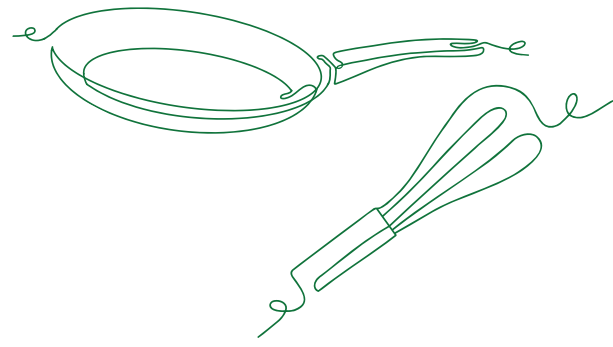


Chicken Curry



Chicken Curry

Savour our delicious and aromatic chicken curry, featuring tender chicken simmered in a fragrant blend of spices, tomatoes, and creamy coconut milk.

Serves 4

Prep time 20 minutes,
cooking time 30 minutes

This is an easy to make curry that kids love! It's a great way to get vegetables into their diet and much cheaper than a takeaway!

Ingredients

Sauce

400g of chopped tomatoes
400ml of coconut milk
4 tbsp of vegetable oil
3 chicken breasts - cut into big chunks
2 cloves of garlic, peeled
2 pots of curry paste (korma is great for kids)
1 large onion, roughly chopped
1 red pepper, roughly chopped
1 thumb sized piece of fresh ginger, peeled
Half a can of water

Rice

1 mug of rice
2 mugs of cold water

Optional Extras

100g of frozen peas
1 can of chickpeas
Handful of fresh or frozen spinach

Top Tip

For perfect rice every time, use twice as much water to rice and cook in a saucepan on a medium-low heat with the lid on. When all the water has gone, turn off heat, stir with a fork and put the lid back on and leave for 2-3 minutes to steam.

Method

Put the garlic, ginger, red pepper and onion into a food processor (or smoothie maker!) and blitz until finely cut up.

Heat 2 tbsp of oil in a large saucepan until hot. Add chicken and fry until lightly browned all over and cooked through. Take out of pan with slotted spoon and put on a plate and leave aside. In the same pan, add the remaining oil, garlic, ginger, pepper and onion mix and fry on a medium heat for 4-5 minutes. Add in the curry paste and cook for a further 3-4 minutes to release flavour. Add in the chopped tomatoes, coconut milk and water and bring to the boil. Simmer for 10-15 minutes to thicken up slightly. While this is cooking, get the rice onto cook. Add in the cooked chicken and any of the optional extras listed above and cook for a further 5 minutes.



Recipe by James Golding, Head of Food Education, Table Talk Foundation. Table Talk Foundation is a registered charity (reg No: 1190504) inspiring a new generation through food, to live happier and healthier lives. Providing food education in schools to teach young people how to cook, preparing them with fundamental life skills.

