

# School Chicken Curry

Preparation: 10 minutes / Cooking time: 20 minutes  
Serves 4, costs under £3.50



Easy  
Peasy  
Cook!

## Ingredients

- 1 large onion
- 1 ½ tablespoons curry powder
- 3 teaspoons turmeric
- 1 chicken stock cube
- 1 litre of boiling water
- 1 tablespoon vegetable oil
- 1 teaspoon garlic puree or 1 garlic clove
- cornflour to thicken
- 400g chicken breasts
- 200g uncooked long grain rice

**Top Tip:**  
Why not try replacing the chicken with vegetables such as chickpeas, peppers or mushrooms for a meat free alternative.

## Method

1. Cook rice as per the instructions on the packet.
2. Add oil, diced onions and garlic to a pot and gently fry. Mix in turmeric and curry powder and cook for a few minutes.
3. Add 400g of diced chicken and cook for 5 minutes to seal the chicken.
4. Dissolve the stock cube in 500ml of water and add to the pot.
5. Cook for 10 mins add the remainder of water and simmer for 5 minutes.
6. Add a little water to 3 tablespoon of cornflour to make a paste. Add to the sauce and stir to thicken. Repeat until you achieve your desired thickness and season to taste.