

Chicken and Vegetable Curry

Serves 2 people

What you need

1 onion

1 tablespoon of rapeseed oil

1 chicken breast

2 cloves of garlic

1 tin of chopped tomatoes/low fat coconut milk

1 small piece of ginger

1 tablespoon of curry powder

1 tablespoon of curry paste

Try and bulk dish out with veggies (pepper, butternut squash, green beans, chickpeas)

A pinch of Salt

A pinch Pepper

Nann Bread/or Rice

What you need to do

1. Peel and chop the onion and garlic
2. Peel and grate the ginger
3. Wash and chop vegetables (pepper/green beans/butternut squash/chicpeas)
4. Chop the chicken breast
5. Heat the oil in a pan
6. Add in the chopped onions, garlic and grated ginger
7. Add in the curry powder and cook for **4 minutes**
8. Add in the curry paste
9. Add in the chopped chicken breast and cook for around **5 minutes**
10. Add in the chopped tomatoes and coconut milk.
11. Cook for **15 minutes**
Stir now and again. Add water if the pan is too dry
12. Add in vegetables (peppers, green beans, butternut squash, chickpeas, spinach).
13. Cook for another **10 minutes** and serve with warm nann bread or wholegrain rice (cooked to manufacturers instructions)

