

CHICKEN CURRY

Number of portions: 5-6 portions

Portion size: ¼ lb of chicken with sauce

INGREDIENTS

1 Tbsp vegetable oil
1.5 lb chicken breast or thighs without skin, cubed
½ cup onion, chopped
4 garlic cloves, finely chopped
2 tsp curry powder
1 tsp ginger, fresh or powder
½ tsp cinnamon
1 can (540 ml) tomato juice
1 Tbsp lemon juice
½ cup plain yogurt

METHOD

1. In a pot, heat the oil over medium heat. Brown the chicken, onion and garlic for 3 to 5 minutes.
2. Add curry, ginger, cinnamon, tomato juice, lemon juice and plain yogurt. Stir.
3. Cover the pot and reduce to low heat. Cook for 50 to 60 minutes. Stir regularly.
4. Serve with rice and vegetables.

TIPS

- Add frozen peas and carrots to your chicken curry while it is cooking.

