

# Chicken curry

Bring some spice into your life  
with this simple chicken curry



Food  
Standards  
Agency  
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**MED  
FAT**

18.7g  
per serving

**LOW  
SAT FAT**

4.4g  
per serving

**LOW  
SUGAR**

8.9g  
per serving

**LOW  
SALT**

0.3g  
per serving

# Chicken curry

Serves 2  
Time 1hr

## Ingredients

1 tbsp olive/vegetable oil  
1 large onion, chopped  
2 cloves of garlic, chopped finely  
1 large tomato, chopped  
1 tbsp tomato puree  
1 medium chilli, chopped  
¼ tsp chilli powder  
¼ tsp coriander powder  
¼ tsp cumin powder  
¼ tsp turmeric powder

2 tbsps of water  
250g boneless chicken, chopped  
(approximately 1 chicken breast)  
1 tbsp yoghurt  
Pepper to taste  
130g basmati rice  
160g cauliflower

## Garnish

10cm cube of ginger finely chopped  
1 tbsp chopped fresh coriander

## Method

1. Wash your hands, work surfaces, utensils and chopping boards before you start cooking.
2. Prepare all ingredients making sure to wash hands, utensils and chopping board after preparing the chicken. Keep the raw chicken away from the other ingredients.
3. Heat the oil and fry the onions until soft. Add garlic, tomato, tomato puree, chopped chilli and spices. Cook for a few minutes and then add 2 tablespoons of water and allow to reduce.
4. Add chicken and cook for 10-15 minutes on a medium heat, then add in yoghurt stirring slowly. Season with black pepper and simmer for a further 5-10 minutes.
5. Make sure that the chicken is cooked until steaming hot all the way through and that no pink meat remains. Meanwhile, cook the rice following the packet instructions and boil or steam the cauliflower until tender.
6. Garnish the curry with ginger and coriander.
7. Serve with rice and cauliflower.

## Allergy advice

Contains: milk in yoghurt. Some tomato puree contains wheat (contains gluten) - always check the label.

**Any leftover curry should be cooled with 1-2 hours and placed in the fridge for up to 2 days or frozen. Any leftover rice should be cooled within 1 hour, refrigerated and used within 24 hours. When reheating always make sure that the dish is steaming hot all the way through before serving - never reheat food more than once.**

