

CHICKEN CURRY

WESTERN STYLE CURRY THAT IS EASY TO MAKE



This is a western style curry that is easy to make. It is mild and not spicy (if a mild curry powder is used). Curry powder is a mix of different spices. It may include turmeric, coriander, cumin, fenugreek, and chili pepper. Other common additions are ginger, black pepper, mustard seeds, curry leaves, and fennel seeds, which may offer a number of health benefits.

- Anti-inflammatory
- May improve heart health
- Anti-cancer, anti fungi and antibacterial properties
- Contains antioxidants
- Helps blood sugar levels; improves brain health; feelings of fullness.

PREPERATION

- 1 Heat oil in a deep frying pan or skillet over medium high heat. Cook garlic, ginger and onion for 3 minutes until onion is translucent.
- 2 Add chicken and cook until it changes from pink to white.
- 3 Add curry powder and cook for 2 minutes.
- 4 Add coconut milk and chicken stock. Stir, lower heat to medium and cook, simmering rapidly, for 10 minutes until sauce reduces and thickens
- 5 Add peas and salt. Cook for a further 2 minutes, then taste to see if it needs more salt. Garnish with coriander.
- 6 Serve with brown rice or noodles

INGREDIENTS

- 1.5 tbsp olive oil
- 2 garlic gloves, minced
- 2 tsp ginger, grated
- 1/2 onion, finely chopped
- 500g chicken thighs, sliced
- 2.5 tbsp curry powder
- 270ml/1.25 cups coconut milk
- 1.5 cups (375ml) chicken stock
- 1/2 tsp salt
- 3/4 cup frozen peas
- 1/4 cup coriander, chopped

