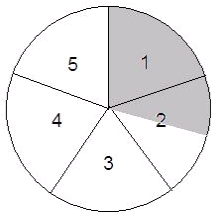


Chicken & Vegetable Curry

Serves 4-6

Portions of fruit & vegetables per serving: $1\frac{1}{2}$
based on serving 6 people



Hob needed



Allergen information:

None present in this recipe.

Ingredients	Amount	Preparation
vegetable oil	1 dessertspoon	
onion	1 medium	peeled & sliced
garlic	2 cloves	peeled & crushed
chicken breasts	3	cut into cubes
ground ginger	1 teaspoon*	* increase the amount to personal taste
ground coriander	1 teaspoon*	
turmeric powder	1 teaspoon*	
chilli powder	1 teaspoon*	
garam masala	1 teaspoon*	
water	125ml ($\frac{1}{4}$ pint)	
canned chopped tomatoes	1 can (400g/ 14oz)	
frozen mixed vegetables	500g (1lb) bag	

Please Turn Over

Method

- 1 Heat the oil in a large saucepan and fry the onion. As the onion starts to soften and brown add the garlic.
- 2 Add the chicken and cook until white.
- 3 Add all the spices and heat through, stirring for about 2 minutes.
- 4 Add the water, canned tomatoes and vegetables and stir together.
- 5 Bring to the boil then turn down the heat and simmer for about 20-25 minutes.
- 6 Stir occasionally and check that the sauce doesn't dry out. Add a little bit of water if it becomes dry.

187 calories		Per serving
Fat	LOW	4.2g
Saturates	LOW	0.6g
Sugars	LOW	7.7g
Salt	LOW	0.5g

■ HIGH
 ■ MEDIUM
 ■ LOW

Handy Hints

- Serve with rice, naan, pitta bread or baked potato and a side salad.
- Frozen vegetables are just as good as fresh and very convenient, but you could try using a variety of fresh vegetables cut into cubes instead. It's a great way of using up left over vegetables.