

One Pot Chicken Curry

INGREDIENTS (serves 4)

- 1 large onion – peeled and finely chopped
- 2 garlic cloves – peeled and finely chopped
- 1 pepper – de-seeded and chopped
- 50g frozen peas
- 1 chicken fillet – cut into small pieces
- 50g red lentils
- 2 heaped teaspoons curry powder or garam masala
- ½ teaspoon turmeric
- ½ teaspoon mixed herbs & parsley
- 1 chicken or vegetable **stock cube**
- 1 x 400g can chopped tomatoes
- 150ml water
- ground black pepper



EQUIPMENT

- large saucepan, sharp knife,
- chopping board, wooden spoon,
- dessertspoon, teaspoon,
- can opener, measuring jug,
- tablespoon

METHOD

1. Prepare the vegetables and chicken and place in the pan.
2. Add the rest of the ingredients to the pan and bring to the boil. Then reduce the heat and cook for 25-30 minutes until the vegetables are soft and the sauce has thickened.
3. Before serving, add a little black pepper then serve the curry with rice, Indian style flatbreads or homemade potato wedges.

HYGIENE NOTE

Always wash your hands thoroughly after touching raw meat.

HANDY HINT

- * If your curry is a little thick, just add some more water!
- * For a vegetarian alternative, try replacing the chicken with 250g quorn pieces
- * This curry can be frozen – why not make a large batch, portion out and freeze for a later date!

ALLERGY AWARENESS!

This recipe contains: celery, mustard, soya, cereals containing gluten (stock cube)

