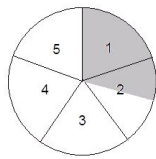


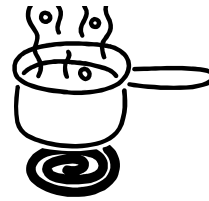
Chicken and Vegetable Curry

Serves 4-6

Portions of fruit & vegetables per serving: 1 ½ (based on serving 6 people)



Hob needed

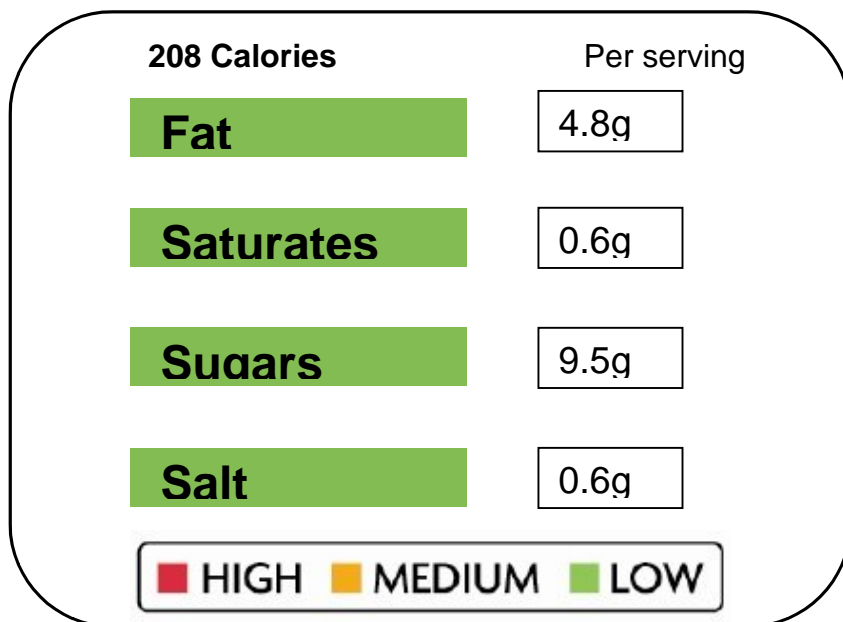


Ingredients	Amount	Preparation
frozen mixed vegetables	500g (1lb) bag	
canned chopped tomatoes	1 can (400g / 14 oz)	
garlic	1 clove	crushed
onion	1	sliced
vegetable oil	1 tablespoon	
chicken breasts	3	cut into cubes
water	125ml / ½ pint	
ginger (powdered)	½ teaspoon	
coriander (powdered)	½ teaspoon	
turmeric (powdered)	½ teaspoon	
chilli (powdered)	½ teaspoon	
garam masala (powdered)	½ teaspoon	
Paprika (powdered)	½ teaspoon	

Please Turn Over

Method

- 1 Heat the oil in a large saucepan and fry the onion. As the onion starts to turn soft and brown add the garlic.
- 2 Add half of the can of tomatoes and mash into the onion with a spoon.
- 3 Add all the spices and simmer, stirring for about 2 minutes until the oil is separated from tomato base. Remove as much oil as possible using a teaspoon.
- 4 Add the rest of the ingredients, including the remaining tomatoes, and stir for 2-3 minutes.
- 5 Add 125ml of water, 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.



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.