



Chicken Curry

INGREDIENTS

- 500g raw diced chicken
- 1 tablespoon vegetable oil
- 1 large onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 tablespoon curry powder or paste
- 500ml chicken stock
- 1 tablespoon tomato purée
- 1/2 teaspoon sugar
- 2 tablespoons Greek-style yoghurt
- Salt and freshly ground black pepper
- Coriander to garnish (optional)

METHOD

1. Heat the oil in a deep frying pan. Add the chicken and brown it on all sides for 6-8 minutes over a medium heat. Remove and set aside on a plate.
2. Cook the onions in the pan for 5 minutes until golden brown, stirring regularly. Add the garlic and curry powder or paste and cook, stirring for 1 minute.
3. Add the stock, tomato purée, sugar and seasoning. Mix well and add the chicken. Bring to the boil, then reduce the heat, cover and simmer for 30 minutes or until tender, turning the chicken pieces halfway through cooking.
4. Remove the chicken to a serving dish using a draining spoon. Heat the sauce over a high heat for 2-3 minutes until reduced and thickened. Take the pan off the heat and stir in the yoghurt. Check seasoning and then pour the sauce over the chicken. Scatter over the chopped coriander.

*Add a finely diced eating apple and a handful of raisins to the curry 15 minutes before the end of cooking. You can substitute cream for the yoghurt.

*Serve with boiled rice or warm naan bread.