health&care portsmouth

Portsmouth CITY COUNCIL

ONE POT CHICKEN CURRY

Serves 4 ← Plus some for tasty left overs!

Easy to cook in one pan

This mild and creamy curry is perfect for the whole family!

Ingredients

- 600g chicken breast or boneless thighs
- 1 teaspoon of mild curry paste
- 600ml chicken stock
- 200ml coconut milk (half of a tin) can freeze the rest
- 75g frozen peas
- 150g frozen green beans
- Half a cauliflower or broccoli broken into small pieces

Optional extras

- 2 large onions
- 4 garlic cloves or 1 teaspoon of garlic puree
- Small piece of fresh ginger
- 1 teaspoon of turmeric
- 1 teaspoon of cinnamon
- 50g raisins or sultanas

HAF FUN POMPEY

TIP! Leave the chicken out or swap for a vegetarian protein like tofu, chickpeas or sweet potato and swap chicken stock for vegetable, and you'll have a vegetarian/vegan dish!

Scan the QR code to cook along!

METHOD

1

Peel and chop the onion, garlic and ginger and place to one side.

2

Chop and prepare your vegetables to the size of your liking.

3

Cut the chicken into bite size pieces and put to one side. You can use either a knife or scissors.

4

Heat the oil, fry the onion, garlic and ginger for 2 minutes. Add the curry paste and spices and cook for 2 more minutes.

5

Add the chicken, stirring to colour all sides.

6

Add the rice, stock and coconut milk and stir well.

7

Add the rest of the ingredients. Bring to the boil, reduce to a simmer. Cover with lid and cook for 25-30 minutes until the liquid has been absorbed by the rice.

8

When the veg and rice are soft and easy to chew, dish up and ejoy!