

OUR RECIPE

Tangy Chicken Curry (serves 6)

INGREDIENTS

- 30ml Cooking oil
- 180g Diced Chicken
- 15g Lemon Curry Spice Mix
- 6g Garlic Puree
- 30g Onions
- 120g Chopped Tomatoes
- 120g Coconut Milk Powder
- 240ml Water
- 120g Chick Peas In Water
(drained)
- 60g Pineapple Slices
- 60g Green Beans



METHOD

1. Heat the oil in the pan and add the chicken fry for 10 minutes until coloured
2. Dice the onion and pineapple slices
3. Add the spice mix, garlic puree and the diced onion, cook for four minutes until spices are toasted
4. Add the chopped tomatoes and fold in
5. Mix the coconut milk powder with the water and mix in, add the chickpeas, diced pineapple and green beans and allow to simmer until the sauce is thickened and chicken has reached the correct temperature
6. Serve with brown and white rice, vegetables and Naan bread