

Tangy Chicken Curry

Serves 6

INGREDIENTS

30ml cooking oil
180g chicken, diced
15g lemon curry spice mix
6g garlic puree
30g onions, chopped
120g chopped tomatoes
120g coconut milk powder
240ml water
120g chickpeas in water, drained
60g pineapple slices
60g green beans



Add freshly chopped chilli for a spicy twist.

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.

Serving Suggestion - serve with rice, seasonal vegetables and a naan.