

A vegetable curry with chicken

A curry is a great way to cook with a lot of vegetables and a little bit of meat and the dish will still have excellent flavour with texture. The vegetables in this recipe are a just a guide, you can add or exchange with other seasonal or cheaper vegetables such as silver beat or peeled pumpkin. Fresh spices are high in essential oils that are beneficial to good health. Remember though spices lose flavours after a period of time in storage (five months) so buy spices in small amounts regularly from an Indian spice shop if possible and keep using them.



Chicken Curry

(serves family of 5)

Ingredients

Cooking Canola oil
Onions sliced
Garlic cloves
Ginger
Kumara
Curry powder fresh
Cinnamon stick fresh
Star aniseed fresh
Cardamom spice pods
Skinless chicken meat
Tinned tomatoes
Cauliflower
Beans or peas frozen or fresh
Natural yogurt

4 table spoons
2 large
6 cloves
2 table spoons
1 medium size
5 table spoons of mild or 3 hot
1
1
7
1 kg
3 tins
1 small
1 ½ cups
1 cup

Tip!

Serve with steamed rice or bean salad.

Tip!

This dish can be done with lean lamb or beef, however the cooking time will be a further 45 minutes to make the lamb and beef tender.

Preparation Method

1. Cut skinless chicken into bite sizes peaces and remove any bits of fat
2. Wash chopping board thoroughly after cutting raw chicken
3. Slice onions
4. Crush and chop garlic and ginger
5. Cut all the vegetables into small bite sizes peaces

Cooking Method

1. Heat oil to moderate heat then add onions and garlic, ginger and kumara - sweat in the pan until onions are transparent
2. On a low heat add the curry powder, cinnamon stick, star aniseed, and cardamom pods then toast and mix in pan for about 30 seconds
3. Then add 40 mls of water to stop the spices from sticking or burning
4. On a moderate heat add skinless chicken with a 1 level teaspoon of salt and mix in well
5. Then add 3 tins of chopped tomatoes with a heap teaspoon of sugar, bring to the boil then turn down low and cover
6. Cook for 10 minutes checking the mix - if dry add a little water then cook for another 5 minutes
7. Add the rest of the vegetables then cook for a further 10 minutes
8. Just before serving turn off the heat and add yogurt and mix in well or serve with yogurt on the side