



# Chicken & Vegetable Curry

Preparation time 20 mins Cooking time  
20mins Serves 4

## Ingredients

2 Chicken Breasts cut into strips or  
approx 250g of ready prepared cubes/strips  
225 g potatoes, diced  
100 g carrots, diced  
100 g courgettes, diced  
1X400 g tin tomatoes  
1 large onion, chopped  
100 g frozen peas  
(Add other vegetables of your choice)

Salt to taste

1 ½ tablespoons oil

½ teaspoon [Turmeric](#)

1 teaspoon [Cumin Seed](#)

1 teaspoon [Coriander Ground](#)

[Cayenne Pepper](#) , a good pinch

1 teaspoons [Garlic Granules](#) Or 2 tsp fresh  
chopped garlic

(Add other herbs and spices of your choice or  
buy a ready mixed curry powder, you may  
also change the type of meat e.g. Turkey is  
cheaper to buy than chicken)

## Method

1. Prepare the vegetables and chicken.
2. Parboil the potatoes and carrots for 10 minutes until just tender. Drain off the water using a colander. (also parboil any other vegetables that you decide to add that take a long time to cook)
3. Whilst the potatoes and carrots are cooking, heat the oil in the bottom of a large saucepan and fry the Chicken and onion until the onion is softened and the chicken is approx half cooked.
4. Add the Spices and fry for another 2 minutes.
5. Stir in the potatoes, carrots, courgettes and tomatoes. Simmer for 10 minutes until tender.
6. Stir in the peas and salt and cook for another 5 minutes before serving.



## Notes

