

Simple. Recipes

Serves **4** Chicken Curry

Ingredients

1 tbsp rapeseed/olive oil	1 onion, sliced
2 cloves garlic, chopped	2 large tomatoes, chopped
1 tbsp tomato puree	1 red chilli, finely chopped
¼- ½ tsp chilli powder	2 tsp ground coriander
1 tsp ground cumin	½ tsp turmeric powder
4 tbsp water	500g chicken breast, cubed
1x400g tinned tomatoes	2 tbsp natural yoghurt
Fresh coriander (optional)	300g brown basmati rice.

Method

- 1 Heat the oil in a large saucepan and cook the onion gently for 5-8 minutes, add the garlic and chilli and cook for another 1-2 minutes.
- 2 Add the tomato, spices and tomato puree and cook for 1-2 minutes; add the water to stop the spices burning.
- 3 Add the chicken and the tinned tomatoes, cover and simmer for 15-30 minutes. You can add some water if the sauce is too dry.

TIP: *If you have a slow cooker, this would be a great time to use it! Just place everything in at this point and leave to cook. Dinner can be ready when you get home from work!*

- 4 Add the natural yogurt and chopped coriander (if using).
- 5 Cook the rice as per the packet instructions. Serve and enjoy!

TIP: *You could serve with roasted cauliflower, stir through some spinach for a minute before serving, or steam some green vegetables to serve on the side.*

TIP: *This recipe can be made ahead or cooked in a larger batch and then portioned and put in the freezer ready for when you need it. An easy, cheap and nutritious freezer meal!*