

Have Fun

Chicken Curry

Serves 4



Shopping List:

550 grams of Diced Chicken.
1 Tablespoon of Garlic & Ginger paste.
400grams chopped tomatoes.
1 Red Pepper.
1 Diced Onion.
1 Tablespoon of Olive Oil.
Mangetout.
Baby Corn.
Microwave Basmati Rice.
100grams Greek Yoghurt.
Tikka Spice.



Equipment List:

A frying pan.
A plate.
A tablespoon.
A chopping board.
A teaspoon.
A bowl.
A knife.
A measuring jug.
A microwave.

Have Fun

Chicken Curry

Serves 4



Step 1.

Dice 1 onion on a chopping board.

Be safe when using a kitchen knife.



Step 2.

Cut 1 pepper into thin slices.



Step 3.

Add 3 tablespoons of tikka paste to the bowl

Have Fun

Chicken Curry

Serves 4



Step 4.

Add 1 tablespoon of garlic and ginger paste to the bowl and mix.



Step 5.

Add 250mls of water to a measuring jug.



Step 6.

Turn on cooker to medium/high heat.



Chicken Curry

Serves 4



Step 7.

Add 1 tablespoon of oil to the pan.

Place pan on cooker



Step 8.

Add diced chicken to the pan and fry for 5 minutes or golden brown.



Step 9.

Place your cooked chicken on a plate.



Chicken Curry

Serves 4



Step 10.

Add the onion to the pan and cook on medium until soft.



Step 11.

Add your red peppers to the pan and cook for a further 2 minutes.



Step 12.

Add your curry mix from the bowl and cook for 2 minutes.



Chicken Curry

Serves 4



Step 13.

Add your water from the measuring jug to the pan.



Step 14.

Add a can of chopped tomatoes and mix.



Step 15.

Add the chicken back to the pan.



Chicken Curry

Serves 4



Step 16.

Add your baby sweetcorn and mangetout.



Step 17.

Reduce heat and simmer for 25minutes.



Step 18.

Add the yoghurt to the pan.



Chicken Curry

Serves 4



Step 19.

**Heat the pack of rice
in the microwave.**



Enjoy !

**Finish with coriander
and ground almonds**