

CHICKEN CURRY

INGREDIENTS

- 3 tsp sunflower oil
- 2 large onions, cut into thin wedges
- 4 garlic cloves, crushed
- 2cm piece fresh ginger, finely chopped
- 2 tsp ground coriander
- 2 tsp yellow mustard seeds
- 2 tsp ground cumin
- 2 tsp garam masala
- 1kg chicken thighs, sliced
- 600ml chicken stock
- 2 cinnamon sticks
- 3 white potatoes, cut into chunks
- 1.5kg sweet potato, cut into chunks
- 500g frozen peas
- 400g cauliflower, cut into pieces
- 400g natural yoghurt
- 1/2 bunch coriander, chopped finely
- Salt and pepper

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DIRECTIONS

1. Heat oil in a pan, fry onion for 5-10min, or until soft. Add the garlic, ginger, ground coriander, mustard seeds, garam masala, and cumin and cook for 1-2min, allowing the aromas to release.
2. Add the chicken thighs, cook for 10min over gentle heat, stirring occasionally so that the spices do not stick.
3. Pour in the chicken stock and add the cinnamon sticks. Simmer for 15min with lid on. Add potato, sweet potato and cauliflower, simmer for 15min with lid off, or until the vegetables are almost cooked and the liquid has slightly reduced.
4. Add frozen peas and cook through. Remove cinnamon sticks.
5. Remove from heat, add coriander, and yoghurt once it has cooled slightly. Serve with rice. Serves 6-8

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