



Chicken or Veg Curry



Ingredients

1x15ml spoon (1 Tablespoon) oil
1 onion, sliced
1 clove of garlic, crushed
1x15ml spoon (1 Tablespoon) curry
paste
1x15ml spoon (1 Tablespoon) tomato
puree
1x15 ml spoon (1 Tablespoon) flour

300ml (½ pint) stock (water and
stock cube)
Cooked Chicken or ready prepared
vegetables *

Equipment

Saucepan, knife, chopping board,
mixing spoon, measuring spoons

Method

1. Heat the oil in a saucepan. Fry the onion and garlic until soft.
2. Add the curry paste and tomato puree.
3. Cook for 1 minute, then add the flour.
4. Pour in the stock gradually and bring the sauce to the boil. Reduce the heat and allow to simmer for 5 minutes, stirring occasionally.
5. Add either the cooked chicken or vegetables. *
6. Heat thoroughly.
7. The vegetables will need to be cooked in the sauce until they are soft.
8. Serve with rice, a side salad and mango chutney.

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- 2 cooked chicken breasts (sliced) or legs.
- 75g (3oz) mushrooms (sliced), 1 green pepper (sliced), 1 courgette (chopped) and 75g (3oz) cauliflower florets microwaved together in a covered bowl for 3-4 minutes.

Nutrition Information

Chicken Curry	per 100g	per recipe	per portion (3 tablespoons)
Energy (kJ)	233	1289	142
Energy (kcal)	56	308	34
Protein (g)	1.2	6.7	0.7
Fat (g)	3.2	17.5	1.9
of which saturates (g)	0.3	1.8	0.2
Carbohydrate (g)	6.0	33.2	3.7
of which sugars (g)	2.1	11.7	1.3
Fibre (g)	0.9	5.0	0.6
Sodium (mg)	222	1226	135
Salt (g)	0.6	3.1	0.3

Notes

Key Messages

Healthy eating

- If adding chicken to the sauce, remove the skin to reduce fat content.
- If adding vegetables, use a variety, such as mushrooms, peppers and broccoli.

Money

- A mixture of frozen or canned vegetables can be used in order to keep the cost down.
- Look for the cheaper cuts of chicken, such as thigh rather than breast.
- Serve with plenty of rice, to make the curry go further.

Food safety

- Never leave cooked chicken at room temperature for more than 2 hours.
- Store cooked chicken on the top shelf of the fridge.

Options

- Use soya or Quorn pieces, with the curry sauce, to make a filling main meal.