

## Chicken or Vegetable Curry

### Ingredients

- 1 clove garlic
  - 1 onion
  - 1 tablespoon oil
  - 1 red or green pepper
  - 1 or 2 chicken breast portions **or** 1 pack Quorn pieces (for a vegetarian curry),  
**Or for a vegetable curry**, use 500g / 1 lb mixed vegetables, e.g. cauliflower, aubergine, potatoes, parsnip, courgettes, carrots, peas, sweetcorn, butternut squash, peppers, mushrooms.
  - 2 tablespoons curry paste + '**extra ingredients**' as stated on the jar  
Choose **ONE** of the following flavours  
**Korma Paste** + small carton single cream (mild)  
**Tikka Masala Paste** + 1 tin tomatoes and small carton single cream or yoghurt, (medium)  
**Balti Paste** + 1 tin tomatoes and water (medium)  
**Madras Paste** + 1 tin tomatoes and water (medium)  
**Rogan Josh Paste** + 1 tin tomatoes & water, (medium)  
**Thai Green Paste** + 1 tin coconut milk (hot)  
**Jalfreizi Paste** + 1 tin tomatoes (hot)
- Optional** ingredients, to finish/serve  
(you could add these at home)
- 2 tomatoes, each cut into 6 wedges
  - chopped fresh coriander or parsley to garnish



### Method

1. Chop onion and chop or crush garlic.
2. Wash and slice other vegetables e.g. peppers, mushrooms, etc.
3. Cut/dice chicken into small pieces.
4. Heat oil in a wok or frying pan, gently fry onion, peppers etc and garlic until soft.
5. Add diced chicken (or Quorn, or mixed diced vegetables). Fry until meat is sealed.
6. Add 2 tablespoons curry paste and stir fry **gently** 2-3 mins. **WATCH carefully** as spices burn easily.
7. Stir in tomatoes/water (or as stated on jar) and simmer gently for 20-30 mins until meat / veg are cooked. Stir occasionally and test meat is done.
8. Stir in cream or yoghurt if using.
9. Stir in tomato wedges, simmer for further 5 mins.

### To serve:

Sprinkle over the coriander or parsley and serve with rice or naan bread.

Name