Chicken Coconut Curry

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Recipe Information

Serves: 8

Time to make: 45 minutes

Method

1. Wash and grate or chop all vegetables into small chunks. Finely grate or chop garlic and ginger.

2. Trim fat off chicken and chop into chunks.

3. Heat oil in a large pot and cook onion, garlic and ginger.

4. Add curry powder and chicken to the pot and cook until chicken is browned.

5. Add carrots and sweet potato, cook until starting to soften.

6. Add cabbage and frozen vegetables and cook for a few minutes.

7. Add light coconut cream and stock. Simmer for 10-15 minutes or until cooked. Add water if needed.

8. Serve with rice.

Ingredients

1kg chicken thighs

1 onion

1 teaspoon/clove garlic

1 teaspoon ginger

400ml light coconut cream

1 cup chicken stock

2 tablespoons curry powder

2 carrots

1 sweet potato

1/2 cabbage

3 cups frozen vegetables

1-2 teaspoons oil

Cooked rice
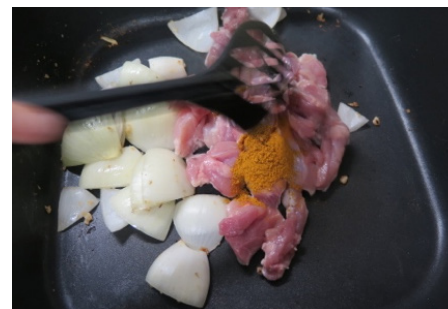
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Method

1. Wash and grate/chop vegetables into chunks. Finely grate/chop garlic and ginger. Chop chicken.

2. Heat oil in a large pot and cook onion, garlic and ginger.

3. Add curry powder and chicken and cook until chicken is browned.

4. Add carrots and sweet potato, cook until starting to soften.

5. Add cabbage and frozen vegetables and cook for a few minutes.

6. Add light coconut cream and stock. Simmer for 10-15 minutes until cooked. Serve with rice.

Tips and Options

- Add any vegetables you have.
- To save time, don't peel the carrots or sweet potato — just wash them.

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