

WHAT YOU NEED

- 3 chicken breasts
- 1 onion
- 1 pepper, any colour (deseeded)
- 1 dessertspoon of tomato purée
- 2 dessertspoons of garlic purée
- 1 teaspoon of fresh or dried ginger
- 2 dessertspoons of curry powder

How to Make Chicken Curry

Serves 4

- 1 stock cube (any kind) dissolved in 250ml (1 mug) of boiling water
- 400g tin of tomatoes
- chopped fresh coriander (optional)

1



Chop chicken and add to a hot pan and cook for 10 minutes. Add to the slow cooker.

2



Peel and chop onion and add to the slow cooker.

3



Wash and chop pepper, then add to the slow cooker.

4



Add tomato purée, garlic, ginger, curry powder and stock to the slow cooker and stir well.

5



Add tinned tomatoes to the slow cooker and mix well.

6



Cook on high for 4 hours or low for 8 hours. Add fresh chopped coriander and serve with cooked rice.