



#E-LIFE HACKS

CHICKEN CURRY

Serves 3 - 4

Ingredients

2 tablespoons vegetable oil

1 medium onion

3 garlic cloves

Half a 400g tin of chopped
tomatoes

2 tablespoons of curry powder

1 teaspoon of ground ginger

400g of boneless chicken thighs or
chicken breast cut into 2.5cm pieces.

100ml of Greek-style natural yoghurt

Salt and pepper

200g rice



Directions

1. Peel and finely slice the onion and the garlic.
2. Chop the chicken into chunks.
3. Heat the oil in a frying pan and cook the onion and garlic for a few minutes.
4. Add the tomatoes, curry powder and ground ginger.
5. Cook for 3-4 minutes. If the pan gets dry, add a splash of water to make sure the spices don't burn.
6. Add the chicken and cook for 5 minutes. Make sure the chicken is completely coated and beginning to brown on all sides.
7. Add 250ml of water and bring to the boil.
8. Reduce to a medium / low heat and cook for 10 – 15 minutes.
9. Whilst the chicken is cooking, prepare the rice according to the packet instructions.
10. Take the curry off the heat, stir in the yoghurt and season with salt and pepper.
11. Serve the curry with rice or Indian breads.