

LOCKDOWN RECIPES



22nd January 2021



HEALTHY CHICKEN CURRY

PREPARATION TIME:

Less than 30 mins

COOKING TIME:

10-30 mins

SERVES:

4-6

Marinating the meat helps you get ahead with this jalfrezi-style healthy chicken curry. It's packed with veggies and served with a fresh salad. Serve with brown basmati rice.

This meal provides 164 kcal, 21g protein, 13.7g carbohydrate (of which 11g sugars), 2.9g fat (of which 0.5g saturates), 4.1g fibre and 1.4g salt per portion.

METHOD

Combine the chicken with the marinade ingredients in a mixing bowl. Cover with cling film and transfer to the fridge for two hours, or overnight if possible.

Heat the oil in a large frying pan until hot. Add the sliced onions and peppers and fry for 5-6 minutes, stirring occasionally until softened. Add three-quarters of the chilli and cook for two minutes then add the marinated chicken and the marinade. Cook for 3-4 minutes

Add the tomato purée to the chicken, stir through to mix and cook for two minutes. Add the stock, bring to the boil then cook for 10 minutes to cook the chicken through.

Meanwhile for the cachumba salad, combine all of the ingredients in a bowl. Season to taste with salt and set aside.

Taste the chicken and adjust the seasoning as necessary. Add the tomatoes, stir through and cook for 5-10 minutes, or until the sauce is thickened and flavoursome and the tomatoes softened. Remove from the heat. Garnish with chopped coriander and the remaining chopped chilli and serve with rice.

INGREDIENTS

3 skinless chicken breasts, trimmed and cut into bite-size pieces

4 heaped tsp garam masala powder

1 tsp salt

4 garlic cloves, grated

3cm/1½in piece fresh root ginger, grated

1 lemon, juice only

For the curry

1-2 tsp light olive oil

3 onions, thinly sliced

1-2 long green chillies, to taste, finely chopped

2 green peppers, seeds removed and cut into chunks

1 tbsp tomato purée

200ml/7fl oz chicken or vegetable stock

4 tomatoes, seeds removed, quartered, cut into strips

½ small bunch coriander, roughly chopped

For the cachumba salad

2 tomatoes, seeds removed, quartered and finely chopped

half a cucumber, roughly peeled, quartered lengthways, seeds removed and sliced

1 red onion, finely chopped

½-1 green chilli, finely chopped

2 limes, juice and zest

½ small bunch coriander, leaves and stalks finely chopped

pinch salt

To serve

cooked rice