

Chicken Curry

Serves 4

Ingredients

For the marinated chicken

500g chicken breasts, cut into bite-sized pieces

1 garlic clove, grated

75g low fat plain yoghurt

1 tbsp curry powder

For the curry sauce

1 medium onion sliced

2 garlic cloves, sliced

1 tsp grated fresh ginger

1½ tbsp curry powder

1 x 400g tin chopped tomatoes

1 small bunch fresh coriander, chopped, plus extra for garnish

freshly ground black pepper

3 tbsp low fat plain yoghurt

To serve

300g brown rice, cooked according to packet instructions or homemade Chapattis (see overleaf)

Method

1. For the marinated chicken, mix together all the ingredients in a bowl, dice the chicken and add to the marinade, cover with cling film and put in the fridge aside to marinate while you make the sauce.
2. For the sauce, add a little oil to a saucepan. Add the sliced onions, cook gently for a few mins, then add, garlic, ginger and curry powder and cook gently for a few more mins.
3. Once the onions are translucent and soft, add the tinned tomatoes and the chopped coriander and bring to the boil. Reduce the heat slightly and simmer briskly for 15 minutes, until the sauce is thickened. Season with freshly ground black pepper then set aside to cool slightly.
4. Heat a little oil in a frying pan and add the diced, marinated chicken, turning occasionally until browned on all sides and cooked through.
5. If you like a smooth sauce, use a stick blender or food processor, blend the sauce until smooth. Return to the heat and warm through, then add the plain yoghurt. (Don't boil the sauce after you add the yoghurt or it will split.) Stir the cooked chicken pieces into the sauce and serve with brown basmati rice and a sprinkling of coriander to finish.



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Top tips

- You can make your own curry powder with spices that you may already have in your cupboard. Simply blend equal amounts of spices such as ground coriander, cumin, garlic powder, paprika, garam masala, ground ginger and chilli powder. Pop into a jar and it's ready to go.
- Why not try this recipe using prawns or white fish or chickpeas. You can also add lots of different types of vegetables. Cauliflower, sweet potato and spinach all work really well in a curry.

Chapattis

Makes 8



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Ingredients

250g wholemeal plain flour (plus extra for rolling out)
250ml cold water
A little oil for frying

Method

1. Place the flour in a deep bowl, add the water a little at a time, kneading as you go until you have a soft, elastic dough. The longer you knead the dough, the softer your chapattis will be.
2. Spread a little extra flour on to a flat surface or board. Divide the dough into eight and shape each piece into a ball. Place each ball on the floured surface and roll out into a disc approx 15cm (6 inches) in diameter. Use more flour on the board as required.
3. Heat a non-stick frying pan, place the chapatti in the pan and cook for 20-30 seconds until the surface is bubbling, turn it over and cook for 10-15 seconds—as soon as brown spots appear on the underside the chapatti is done.



Raita Dip

Ingredients

500g half fat plain yoghurt
1/2 cucumber
Fresh mint, chopped finely

Method

1. Grate the cucumber on to a tea towel so that the juice drains
2. Place the cucumber once drained into the bowl, add the mint and mix together
3. Stir in the yoghurt and serve

