


Eid Chicken Curry

Ingredients


1-2 raw chicken breasts or Quorn Fillets
1 tbsp vegetable oil
1 medium onion
1 clove garlic
1 tbsp curry paste (Balti paste works well)
150ml hot water
1 chicken stock cube
Vegetables :- Handful of green beans or 5 mushrooms
3 tbsp cream
 **Aim Higher**
1 small bounty bar

Equipment

All equipment is provided by school

**** Remember to bring a container from home to put it in ****

Method:

1. Peel and slice the onion. Peel and crush the garlic and chop the mushrooms.
2. Fry the onion gently in the oil for 4-5 mins until soft. Add the garlic and mushrooms (if using) and cook for 2-3 mins.
3. Add the diced chicken and saute until browned.
4. Add the curry paste, hot water and crumble in the stock cube. Stir.
5. Add green beans (if using) Simmer the sauce for 10-12mins until the chicken is cooked.
6. Then add cream  crumble in the bounty bar, simmer and season to taste.