



**re:fresh**  
your health and wellbeing  
**RECIPES**

## CHICKEN CURRY

**15 MINS TO PREPARE AND  
30 MINS TO COOK**

**SERVES 4**

### INGREDIENTS

500g Chicken pieces, no bones, no skin, cut into cubes  
1 large onion  
½ inch of fresh ginger  
2-3 cloves of garlic  
250g chopped, tinned tomatoes  
2 tablespoons cooking oil  
½ teaspoon of cumin seeds  
1½ teaspoons of garam masala  
1 teaspoon turmeric powder  
2 teaspoons coriander powder  
1 teaspoon paprika powder  
½ teaspoon chilli powder  
Salt to taste

### METHOD

1. Peel onion, ginger and garlic, chop finely
2. Heat oil in a heavy pan and add cumin seeds and garam masala. Wait until cumin seeds start to pop and add onion, garlic and ginger. Fry until brown.
3. Add other spices and stir for a few seconds.
4. Add tomatoes and stir until oil separates.
5. Add chicken and cook on a medium heat stirring frequently until all of the chicken is coated.
6. Cover and cook on a low heat until chicken is tender. Approximately 20-25 minutes.
7. Add water if you would like a thin gravy and leave until curry boils for about 5 minutes. Turn off heat and add the garam masala and coriander leaves. Stir and serve.