

# Curry

## Ingredients

1 tablespoon Garam Masala (masala is a mixture of ground spices)

1 medium chicken breast

1 medium onion

2 cloves garlic, crushed

½ teaspoon ground ginger or 2cm piece fresh ginger, finely grated

1 fresh chilli, finely chopped (without the seeds)

1 tablespoon mango chutney

1 tin chopped tomatoes

If you like you can add a few vegetables (approx. 100g in total) of your choice such as sweet potato, courgette, carrot, green beans, spinach or pepper

1 tablespoon oil

Some fresh coriander, chopped

A container to take it home



## Method

1. Chop the meat and any extra vegetables and mix together with the masala.
2. In a saucepan, heat the oil and sauté the onion until it has softened.
3. Add the ginger, garlic, meat and vegetables.
4. Fry the mixture gently, stirring often, for 10 minutes.
5. Reduce the heat. Add the tomatoes, put the lid on the saucepan and simmer the mixture for 20 minutes, stirring frequently.
6. Stir in the chutney.
7. Add the chilli and any seasoning.
8. Serve the curry sprinkled with the chopped coriander.