

Vegetable Chicken Curry

Serves 8



Ingredients

- 4 Tbsp oil
- 1kg chicken cut into pieces
- 2 large onions sliced
- 6 garlic cloves peeled, crushed & chopped
- 2 Tbsp ginger peeled & grated
- 1 medium kumara cut into bite-sized pieces
- ¼ small pumpkin peeled & cut into bite-sized pieces
- 4 Tbsp mild curry powder (or 3 Tbsp of hot)
- 1 tin tomatoes chopped (or 4 fresh tomatoes chopped)
- ½ cauliflower
- 2 cups vegetable mix frozen
- 4 cups silverbeet or cabbage chopped (or a mixture of both)
- 2 cups coconut cream (or natural non-sweetened yogurt)
- Pinch of pepper

Method

1. Heat oil to moderate heat (4-6) then add onions, garlic and ginger - sweat in the pan until onions are transparent
 2. Turn down to a very low heat (1-2), add the curry powder and pepper, then toast and mix with the onions, garlic and ginger in the pan for about 40 seconds
 3. Add ¼ cup of water to stop the spices from sticking or burning
 4. Add the chicken, bring the temperature up to a moderate heat (4-6) and mix well
 5. Then add the tomatoes with ¼ cup of water and bring to the boil
 6. Add the kumara to the mix and stir. Turn down to a low simmer heat (3-4)
 7. Add the coconut cream (or natural yogurt) and mix into curry, then cover
 8. Simmer for 10 minutes, checking the mix every 5 minutes. If dry or very thick add a little water
 9. Add the rest of the vegetables, leaving them on top to steam cook for a further 10 minutes
 10. Stir the mix by turning from the bottom, making sure the mixture is not sticking to the pan and cook for another 15-20 minutes. You should always mix the curry every 5 minutes to avoid sticking and burning
 11. Once cooked, turn off the heat and serve with some natural non sweetened yogurt on top (optional)
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