

## Have Fun



### Chicken Curry

Serves 4



#### Shopping List:

- 100 grams Greek yoghurt.**
- 1 Red Pepper.**
- 1 Tablespoon Garlic Paste.**
- 1 Tablespoon Ginger Paste.**
- 1 Tablespoon Olive Oil.**
- 1 Thinly Sliced Onion.**
- Tikka Spice.**
- 400grams chopped tomatoes.**
- 550grams Diced Chicken.**
- 50grams almonds.**
- Basmati or wholegrain rice.**
- Baby Corn.**
- Mangetout.**
- Chopped Coriander.**



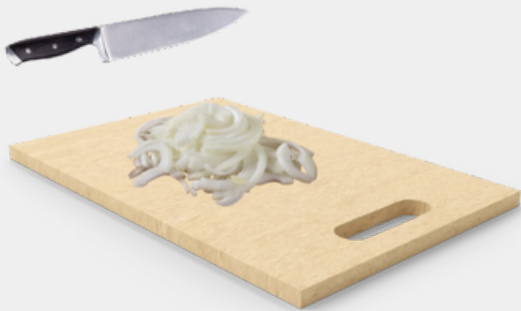
#### Gather Utensils:

- A frying pan.**
- A plate.**
- A tablespoon.**
- A chopping board.**
- A teaspoon.**
- A bowl.**
- A knife.**
- A measuring jug**
- A Microwave.**

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Step 1.



**Cut 1 onion in to thin slices on a chopping board.**

Be safe when using a kitchen knife.

Step 2.



**Cut 1 pepper in to thin slices.**

Step 3.



**Add 3 tablespoons of tikka paste to the bowl.**

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Step 4.

**Add 1 tablespoon of garlic paste to the bowl.**



Step 5.

**Add 1 tablespoon of ginger paste to the bowl.**



Step 6.

**Add 250mls of water to a measuring jug.**

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Step 7.

**Turn on cooker to medium/high heat.**



Step 8.

**Add one tablespoon of oil to the pan.**

**Place pan on cooker.**



Step 9.

**Add your chicken to the pan and fry for 5 minutes,**

**Or when golden and brown.**

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Step 10.

**Place your cooked chicken on a plate.**



Step 11.

**Add the sliced onion in the pan on a medium heat until soft.**



Step 12.

**Add your red peppers to the pan and cook for a further 2 minutes.**

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Step 13.

**Add your curry mix from the bowl and cook for further 2 minutes.**



Step 14.

**Add your water from the measuring jug.**



Step 15.

**Add a can of chopped tomatoes and mix.**

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Step 16.

**Add the chicken back to the pan from the plate.**



Step 17.

**Add your baby corn and mangetout to the pan.**



Step 18.

**Reduce heat and simmer for 25 minutes uncovered.**



Step 19.

**Add your yoghurt to the pan.**



Step 20.

**Heat the pack of rice in the microwave.**



Final Step.

**Add your curry and rice to the plate and finish with coriander and ground almonds .**

**Enjoy!**