

Super Simple Curry

Ingredients

SERVES 1:

- 250g of diced chicken
- 1 tbsp medium spice curry paste
- 1/2 tsp of garlic paste
- 1 chopped onion
- 1/2 tin chopped tomatoes
- 1/2 tin coconut milk
- 1 large chopped bell pepper
- Oil for cooking

How to

1. Heat oil in a large frying pan over medium heat. Sauté the peppers and onions until softened. Transfer to a bowl and cover with foil to keep warm. Cook the diced chicken until no longer pink.
2. Add chicken and vegetables back in the pan. Stir in the curry and garlic paste until it coats the chicken and vegetables
4. Mix in half a tin of tomatoes and half the tin of coconut milk and simmer until the sauce thickens
6. Serve with naan bread or rice

