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Simple Chicken Curry

Serves 2

Make this recipe your own depending on what vegetables you like and what's available. Frozen vegetables such as frozen green beans, spinach or peas are all good options. Again the chicken could be easily substituted for any lean meat you have such as pork, turkey or beef. To make it vegetarian try adding a drained and rinsed tin of chickpeas instead of the chicken.



Ingredients

130g wholegrain rice (or use any type that is available and follow packet instructions)
1 tbsp rapeseed oil
1 onion
2 skinless and boneless chicken fillets
1 tbsp mild curry paste or powder
2 carrots
200g green beans
salt and freshly ground black pepper

Method

Rinse the rice well in a sieve and then put into a small saucepan with 250ml of water and a pinch of salt, if using. Bring to the boil, then reduce the heat and cover with a lid. Simmer for 25 minutes without lifting off the lid, then turn off the heat and leave to sit for another 10 minutes for perfectly cooked rice (or simply cook according to packet instructions). This rice can sit happily for up to 30 minutes with the lid on.

Heat the oil in a wok or large frying pan that has a lid over a medium heat. Meanwhile, cut the onion in half and peel off the skin, then put each half on a chopping board and cut into slices.

Add the oil to the heated wok, swirling to coat it up the sides. Add the onion and cook for 2-3 minutes until softened, stirring occasionally with a wooden spoon.

Using a sharp knife or a scissors cut the chicken into bite-sized pieces and then add to the onion with the curry paste or powder. Stir-fry for another 2-3 minutes until sealed and almost tender.

Meanwhile, peel the carrots and cut into quarters, then cut into dice. Trim the green beans and cut in half. Add both to the chicken mixture with 150ml of water and bring to a simmer, stirring to combine. Season to taste with salt and pepper. Reduce the heat, then cover with the lid and simmer gently for 5 minutes or until the chicken is piping hot and tender and the vegetables still have a little crunch.

Fluff up the rice with a fork and divide among plates, making a slight dip in the centre. Spoon over the chicken curry to serve.

Prepare Ahead

This curry and rice could be made in advance and would keep happily in an airtight container for up to 3 days in the fridge – just make sure that the rice is chilled down within 2 hours of cooking. If you want to double this recipe up it is a great back up meal to have tucked away in the freezer as it freezes very well for up to 1 month as does the rice in a separate container. Simply defrost thoroughly on the bottom shelf of the fridge and either heat in the microwave once or over a gentle heat in a saucepan. The rice is best reheated in the microwave once but could also be steamed or stir-fried in a little oil until piping hot.

