CHICKEN CURRY

SHOPPING LIST

2 Chicken breasts

Vegetable oil

1 onion

Half a tin of chopped tomatoes

Garlic and ginger paste

Green chilli paste

Salt

p2

Turmeric Powder

Garam Massala

Cumin Powder

Red Chilli Powder

Dry Fenugreek (Methi)

Fresh Coriander

8 Paratha breads

HOW TO COOK

Cut the chicken breast in to chunks

finely chop the onion

heat 1 tablespoons
of vegetable oil in a pan

Add the chopped onion to the pan

Cook the onions until they are soft
and starting to go brown

P4

Put half a tin of chopped tomatoes into a bowl

Add a tablespoon of cumin powder to the bowl

Add a tablespoon of garam massala powder to the bowl

Add a teaspoon of tumeric powder to the bowl

Add a teaspoon of Chilli powder to the bowl

Add a half a teaspoon of salt to the bowl.

Add a tablespoon of garlic and ginger paste to the bowl

Add a tablespoon of chilli paste to the bowl (you can add less than this if you do not like spicy food)

Stir everything together in the bowl

Add this mixture to the onions in the pan

Stir all the ingredients together for 5 minuets.

Add the chopped chicken to the pan

Stir everything for 6 – 8 minutes

Chop up some coriander

Mix 1 tablespoon of chopped coriander and 1 tablespoon of fenugreek (methi) together

Add this to the pan

Stir this for 2 minutes

add a bit of water so it just covers the chicken

P7

cover and leave to cook on
a low heat for 15 minutes

Put a Paratha in a dry frying pan
(no oil is needed)

cook on one side until
the bottom is brown

turn over and cook until it is
brown on the other side
(repeat for all the parathas)

keep your parathas warm while you
finish cooking your curry

Serve your curry and
paratha together