

Lean Mean Curry



Makes

4-6



Add beans (fresh, tinned or frozen), broccoli, zucchini or other vegetables.



Ingredients

1 brown onion
½ small pumpkin
½ cauliflower
2 chicken breasts
400g tin of chickpeas
Other vegetables (e.g. beans, broccoli)

400ml light coconut milk
OR coconut flavoured evaporated milk
2 tablespoons curry powder
1 tablespoon chicken stock powder
Small bunch coriander



Equipment

Knives
Chopping boards
Can opener
Tablespoon
Frypan
Large spoon
Cup



How to make it



1. Dice onion & chop pumpkin into cubes (remove skin). Break cauliflower into small florets. Chop any other vegetables if required.



2. Cut chicken into bite-sized pieces.



3. Place onion in frypan. Cook until brown. Add chicken to frypan with onion. Chicken is cooked when completely white.



4. Add pumpkin, cauliflower and chickpeas to frypan. Add 1 cup of water and bring to the boil.



5. Add coconut milk and bring to boil. Add curry and stock powder. Stir. Cover and simmer until vegetables are soft. Chop coriander and stir into curry. Serve with rice.



nom!