

Chicken Curry Ingredients

- 5tbsp oil
- 1 large onion
- 2 cloves garlic or granules
- 2 tsp cumin
- 2 tsp turmeric
- 2 tsp mild curry powder or paste
- 400g chicken thighs (**thighs must be boneless and skinless**) or breasts
- 3 tbsp tomato puree
- 1 green or red pepper
- 150ml chicken stock (1 stock cube)
- 1 400g tin chopped tomatoes

YOU MUST BRING A SUITABLE CONTAINER TO TAKE YOUR CURRY HOME.

