Coconut chicken curry

Ingredients

Serves 4

For the paste: ½ white onion, 1 tsp garlic, 2 tsp ginger, 1.5 tbsp. curry powder, 1 tsp ground coriander, 1 tsp cumin, ½ tsp turmeric & ½ tin chopped tomatoes

For the curry: 250g cooked chicken*, 300ml chicken stock, 1 tin coconut milk, 1 large onion, 1 bag green beans, ½ bag spinach, ½ punnet mushrooms, 2 bags microwavable basmati rice & handful fresh coriander

Equipment

Chopping board
Knife
Jug & rolling pin (or pestle & mortar)
Measuring spoons
Measuring jug
Large frying pan
Serving spoon

Method

1. To make the curry paste, chop the onions into very small pieces and mix all the ingredients together into a bowl then mash it all together using a rolling pin to make it as smooth as possible.
2. Then, chop the onions, green beans, pepper, mushrooms and fresh coriander and set to one side. Chop the cooked chicken into small chunks.
3. Heat a little oil in the pan and add the onion until it is softened.
4. Then, add the peppers and mushrooms.
5. After a few minutes add the chicken to the pan and mix well.
6. Stir in the paste so everything is coated. Pour in the stock and coconut milk and leave to simmer for 5 minutes.
7. Then, add the green beans and simmer for a further 5 minutes.
8. Sprinkle with spinach and fresh coriander, mix and serve hot with basmati rice!

*If you are using raw chicken, cook the chicken in the pan first then continue onto step 3.