

Chicken Curry

INGREDIENTS:

1 chicken breast fillet cut into pieces.
1 stick of celery, chopped
1 carrot, grated
1 white onion, diced
A few closed-cup mushrooms
Curry powder (Korma curry spice blend, or any curry powder preferred)
100ml full fat natural yogurt
Olive oil
Rice

METHOD:

Wash your hands!
Heat a little olive oil in a pan.
Add the diced onion and put in a pan with hot olive oil not smoky though, after a minute add the chopped celery, grated carrot and mushrooms.
When the vegetables have softened a little mix in two teaspoons of curry powder.
Place chicken pieces in a bowl and add a teaspoon of curry powder to coat the chicken evenly.
In another pan cook the chicken pieces in a little olive oil. When cooked through add the vegetables, combine it all together over a moderate heat.
Take off the heat and stir in the yogurt.
Serve with rice or Indian bread for a lovely meal.
Enjoy.

This recipe was taken from Judy McKeown on the Baslow WI Facebook page and was tried and tested by Janette Lobley. Janette put out a request for ideas as to what to make using a small pot of plain whole yogurt. She doesn't eat a lot of spiced food but enjoyed this recipe, made mild. Adding the carrot, celery and mushrooms made it a lovely filling and economical meal for two.

